

Natural & Holistic Healing

The Ultimate Guide to Health & Wellness

2016



Wisconsin's Holistic Health Expo

Lucas J. Robak

Co-Authors From Wisconsin & Beyond

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Benefitting Nonprofit

FROM DEPLOYMENT TO EMPLOYMENT

The majority of those that enlist in the military do so to take advantage of training, education, development and the GI Bill upon discharge. With that in mind, when they complete their service, most of them assume they will find a job quickly upon return to civilian life based on their military training. However, this is far from the truth for the majority of those leaving the military.

Why?

Why do we allow those who defended our freedom to struggle with unemployment and homelessness when we have the ability to be successful? Sure we have hiring incentives for employers to give veterans preference, but is that really enough? Don't we have an obligation to provide adequate career opportunities?

Who would invest billions of dollars and allow it to depreciate to nothing? Wouldn't an investor find ways to capitalize on the investment, so it can grow in other areas? Having a diverse portfolio is the ultimate goal of any savvy business person, right?

So when you have thousands returning to the civilian sector from the military whom we have invested in and who may have suffered losses of a limb and peace of mind, the very least we can do is provide them the ability to rebuild their lives, benefits and the opportunity to live the American Dream they fought for – while providing for those they love.

So why have we lost sight of the importance of human capital and economic development from our veteran population? Veterans want to work. They also want accommodations in line with any disability they may have received. The solutions are right in front of us. All we have to do is cut out all the red tape and do the right thing, from a private and public perspective, providing career opportunities that are accessible without prejudice.

This is what we have accomplished at the VEA Center with our Veterans Career Camp program helping Veterans & Families in Crisis rebuild their lives. Join us and become a part of "ONE TEAM AMERICA" helping those returning from deployment to find the employment they deserve.



<http://VEActr.org/>

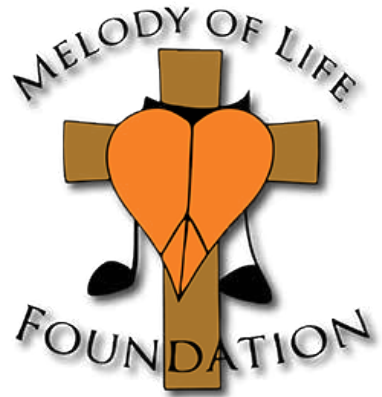
Benefitting Nonprofit

Melody of Life Foundation offers all forms of proven and recommended services which insurance does not cover to people diagnosed with a chronic illness.

Melody of Life Foundation does not care if you are a billionaire or flat broke. What was once considered to be “Luxury Treatment”, like acupuncture and massages, will soon be available to everyone diagnosed with a chronic illness — free of charge!

Melody of Life Foundation will be a common name before you know it. They will soon be offering all forms of natural, organic, and holistic services to every individual diagnosed with anything in the world.

Learn more at www.MelodyofLifeFoundation.org/



About the Expo



Wisconsin's Holistic Health Expo (WIHHE) unites the community of natural health practitioners with those who desire a natural and healthy lifestyle. We bring integration of our spiritual, mental, emotional, and physical well-being.

To make us stand out and raise the bar, we are publishing this collaborative book at each Fall Expo. Additionally, we are hosting a podcast and a guest blog. On our website you will find links to trainings which will help increase your success online. We are the only Wisconsin health fair who gives you year round value.

By partnering with us as an exhibitor or sponsor, you can leverage our expo for an entire career instead of just the six hours during the event.

Attendees now have the ability to join our community to connect with service providers, learn a variety of health tips, and have their voice heard whenever it's convenient for them.

Our expos consist of many educational classes, workshops, and presentations to empower you to live a healthier lifestyle.

Thousands of attendees are able to connect with hundreds of holistic practitioners and businesses in Southeast Wisconsin twice a year. Visit our website and mark your calendar for our yearly Fall and Spring expo events.

Does this seem like something you would be interested in?

Go to <http://HolisticHealthExpo.org> and sign up today!



Dedication

This book is dedicated to all those seeking a natural and healthy lifestyle.
We hope you find that one golden nugget to improve your
spiritual, mental, emotional, physical, or business health.

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Cindy L. Goodson, M.A., M.S., C.H.N.



Cindy Goodson refuses to let anything hold her life back. She's a doctoral candidate in health psychology with master's degrees in literature and fitness and human performance. She's a grandmother. She was once an R&B singer on the Billboard charts who still loves to perform any chance she gets. She has a passion for teaching others and has done so at the high school, college and community levels.

Cindy has a lot to live for, and thinks you do, too. That's why her near-death experience with uterine fibroids drove her to take control of her health, heal her fibroids and begin to share her story for the benefit of others. Her first book, *Ladies Stop Thinking Start Shrinking: A 10 Step Guide to Shrinking Your Body and Your Fibroids Fast*, is based on her own journey of healing herself of debilitating fibroids through holistic nutrition.

The Cindy G Project

The Cindy G Project was founded by author, speaker and holistic wellness fanatic Cindy Goodson as a platform to educate others on ways to achieve health goals while leading a fuller and more productive life. Plagued with debilitating uterine fibroids, Cindy's passion for health and lifelong learning empowered her to heal herself through natural tactics. Now, she's on a mission to start a *Healthy, Sassy & Wise Revolution* by teaching others how to *Design the Life You Desire to Live* and *Live in the Body You Love to Love*. Through The Cindy G Project and the books, videos, educational seminars and holistic nutritional counseling it encompasses, Cindy shares her story, her secrets to self-healing and her motivational mindset for staying the course to optimal health.

Foreword

One of the biggest problems with our current health-care system in America is that it is a badly broken misnomer, and is in reality, more of a disease-care system aimed at pushing pills and knives. Though quite an embarrassment, it is true, that the United States spends more money per capita on “health” care than any other country. Still, our nation is the sickest, the fattest, the unhappiest, and the most ignorant to the fact that healing power is right in our hands and all we have to do is tap into it. Understanding the challenges that come with the ability to tap into our power of transformation, it is quite refreshing to know a book like the “Natural & Holistic Healing: The Ultimate Guide to Health & Wellness” is available to guide us step-by-step on this ultimate healing journey. A Journey that for many, may seem out of reach because of the current state one may be experiencing at this time. Furthermore, most are victims of a superimposed Western medical belief system that gives misleading information that shapes our perceptions around health and wellness from a Standard American Dietary perspective. The acronym for Standard American Diet is S.A.D., and sadly this system is the cause of what is ailing us, and it is not the cure. Unfortunately, the medical and scientific research establishments, far from embrace these evidence-based findings, and go the extra mile to systematically dismiss and even suppress them. For that, I give praise to Lucas Robak and his team of collaborators in this excellent work.

When it comes to our personal life’s curriculum involving our plan for shaping our psychology, our physiology, our productivity and our level of persuasion, most are inadequately equipped to master these major life areas and therefore, struggle at life-mastery. As a health psychologist and certified holistic nutritionist, I deeply understand the importance of the work in these four areas. Likewise, I am astounded by how little most people (myself included, not too long ago) understand when it comes to something as simple as the power of food and the power of our perceptions around eating to live versus eating emotionally or eating because of our addictions. Not so simple, however, is being able to break free from the grip of addiction of the ill chemically laden foods that drive our culture right into the pit of sickness and disease, mentally physically, and spiritually.

After landing in critical ICU for the second time in the same year from iron deficiency anemia and requiring emergency blood transfusions, I knew I had to make a complete life changing transition to plant-based eating in order to save my life. The transfusions were necessary because of the debilitating symptoms of (9) large uterine fibroid tumors that had taken over my womb and left me hopelessly depressed, with no quality of life, and minutes from being lifeless. I refused surgery because I wasn't going to be on the list with the other 600,000 hysterectomies being performed each year due to fibroids, and I decided to take the path of natural healing. After thousands of hours of research, and application, I am thoroughly convinced that most of those surgeries are unwarranted, and I will not be a statistic in that medical/big pharma business scandal.

Knowledge of holistic health and healing is powerful. Moreover, when implemented, it can change the trajectory of one's future in every way. It starts right here, with your health and your healing. I can sincerely say that if I did not have the type of information that is available in this guidebook and had I not surrounded myself with an amazing support system like Lucas Robak, and his team of experts, I would not be here today. I would have missed my calling to be sharing in this labor of love spreading the gospel of holistic health and healing. You too, have the power to *Design the Life You Desire to Live*, and *Live in The Body You Love to Love!*

Cindy L. Goodson, M.A., M.S., C.H.N.

Cindy L. Goodson, M.A., M.S., C.H.N.



Cindy has combined the knowledge gained from this journey along with all of her life lessons to launch *The Cindy G Project – A Health, Sassy & Wise Revolution*:

Healthy – Optimal health is more than healing the body – it’s about improving your quality of life. The Cindy G Project offers you well-rounded expertise to help you take control of your health and lead a fuller life.

Sassy – Changing your health takes guts, courage and self-control to stay the course. With The Cindy G Project, sassy founder Cindy gives you periodic doses of motivation to help you stay brave in your battle to achieve optimal health through holistic nutrition.

Wise – Taking control of your health requires you to make informed decisions about your care. The Cindy G Project leverages a wealth of personal experience and literary research to empower you with the knowledge to achieve your health and lifestyle goals.

Learn more by visiting www.cindylgoodson.com

Introduction



Welcome to our first collaborative book. We put this book together to deliver information about healthy living to those who desire to live a holistic life. Within these pages you will find that one piece of information to implement right away in order to naturally begin healing.

In late 2011, Karin Conway and Debbie Pias started a small gathering of holistic professionals in Mequon, WI for what was called *Scheduled Health “SPAH” Days*. Debbie had the idea to make it larger and Jody Pogorzelski came on board to form the committee, Judy Hahn joined not too long after.

The first Milwaukee Holistic Health Expo was held in 2012 and had 1-2 each year since then. Late 2014 Karin and Jody became lead to keep it going. By March 2015 Karin passed the lead organizer role to me, which is how we got here today - *Wisconsin’s Holistic Health Expo (WIHHE)*.

Through improving the health of our physical, emotional, mental, and spiritual bodies, we are able to naturally enable our bodies to begin healing themselves. While Western medicine is great for the emergency room and diagnosing, Eastern medicine is what we need to live a long and healthy life.

With all the various aspects of natural wellness to experiment with, we all have to find what works best for our own personal mind, body, and spirit. The profound affects someone may experience from one modality may not be experienced by another. Even though we are all one being in this universe, we are unique in our journeys toward optimal health. With the expert advice from the co-authors in this book, there will be something you can try to see if it works for you.

Huge thanks to Cindy L. Goodson for taking the time to write our Foreword while also doing a paper for her PhD class. As an expert in the field of holistic health practices, she came highly recommended from an international speaker and trainer, Jim Britt. After reading her Foreword, you can obviously see why.

I start the book by sharing what I learned after a multiple sclerosis (MS) diag-

nosis. It was easy to find what helps people living with a chronic illness should be common practice amongst all of us.

Are you a sensitive being? Nicole Isler is here for you! She will guide you to find a way to be happy and use your sensitivity in a way that it becomes your superpower. A great message for us all to read.

Sherry Brantley achieves the goals she dreams about. Stop languishing in the ‘wishing’ stage and move forward to the ‘my goals are already existing’ stage by reading her chapter. Be that goal-getter you can be! Pursuing a goal has shown to have a positive impact on physical health.

In Danielle LaRocks chapter, she gives case study examples of miraculous healing when people find their true passion and serve the world. Danielle will guide you to heal yourself so you can be the change you wish to see in the world.

Dr. Diane Garrison is here to help you learn self-compassion and why it is important to practice. With this easily learnable skill, you can empower yourself with information we are not taught but can help us heal.

We all have the ability to inspire others and lead them from the darkness but first you must find that guiding light within yourself. Richard Perry gives you what you need to take responsibility. Find out if you have what it takes and learn how you to discover your gifts.

Living in a time where we are surrounded by outside influencers, it has become hard to stand in the authenticity of who we are. Benjamin Tyler shares the three most important components that has changed his confidence and approach to living life.

Life can make us unbalanced. Integrate your worlds of work and home. Debroah Crowe educates on boundary management coupled with emotional resilience. Be armed for anything that comes your way.

Jason Gonzalez went from being an alcoholic to owning a post-rehab, half-way-house for addicts and alcoholics. His story is here to let you know that as you can change your life and your health by making one decision, to do so!

In his chapter, David Fife explores the concept of function in one’s wellness.

He explains how we are not just a lump of symptoms but rather our disease processes are as a result of system malfunction.

Major Charles Carte, USMC (Ret.) is a business owner and entrepreneur. After three combat tours, he developed anxiety disorder with related panic attacks. When treatments offered by the V.A. gave little relief and plenty of side effects, he started looking for natural alternatives. He shares what he found!

Ana Navae takes you on a personal journey to look at your current paradigm and provides the necessary changes to enhance your life by freeing you from a poverty conscious mindset. Poverty conscious mindset doesn't just apply to finances; health is very relatable.

Rather than treating the symptoms, what if we looked to address the cause of your problem? Dr. Matt Frahm removes interferences such as nutritional interference, toxic interference, structural interference, mental interference, so the body will begin to heal and allow you to reach your maximum potential.

Vidal Cisneros Jr. has an amazing story of gratitude and the impact it made on his life. As a contributor in the Chicken Soup for the Soul Series, you get an emotional glimpse into the changes a little gratitude can make on your life.

Heddy Keith & Keridak Silk co-authored a chapter together. Using the Q&A style format, they share two viewpoints on how to change behavior, mindset, and health. They offer information you can begin to use today.

Taking the lead individually and professionally is imperative to a future of wellness and optimal productivity. KC Thorson gives you 5 "Levels of Leadership" to help fight the growing expense of presenteeism.

Because many of us reading this book are business owners, the last two chapters are here specifically for you!

Maggie Mongan is here to debunk the common myths of American Business and share the facts in plain language to help you understand what really happens in successful businesses. Businesses, just like our bodies, are living entities. They depend on each individual part of their whole system to properly function - she shares how you can create optimized performance.

In the last chapter, Allan Wich enlightens us on individual success propaga-

tion. Whatever that may look like to you, from economic to personally fueled, it can get lost in the minutia of global noise; positioning oneself to become heard begins with the art of creating individual visibility and relevance through your story.

After you find what you are looking for to improve whatever area of health that needs adjusting, look in the back pages to see if one of the services we recommend is right for you. We work with a lot of businesses every year and have compiled the ones we believe in most for you to try out.

WIHHE is a semi-annual event which takes place every Fall and Spring. At each Fall Expo, we will release a new book in this series with a new group of co-authors. If you want to become a published author in our next book which will position yourself as the expert authority figure in your field, go to <http://HolisticHealthExpo.org/Book/> to apply today!

We all hope you enjoy this book and the learnings that come along with it. Please let us know your experience by leaving a 5-Star review on Amazon. It's as easy as going to Amazon and typing WI Holistic Health Expo.

Do you want the digital version to carry around with you? You won't find the kindle version on Amazon or a .pdf on our website. To get your free downloadable copy today, visit the website of one of our co-authors to support them in their business efforts.

Best of luck in reaching your desired level of optimal wellness!



Lucas J. Robak



Lucas J. Robak is the founder and executive director of Melody of Life Foundation, organizer of WI Holistic Health Expo, author, educator, speaker, and a few more other cool labels people call him.

People say he's impressive, a go-getter, and an inspiration. Insisting that he's none of these, his goals are based on the belief system that anything is possible. If we're going to be thinking throughout the day anyway, why not fantasize about achieving something awesome?

With a dominating “begin with the end in mind” mentality, intense focus, passion to wisdom-share, analytical nature, and strategic creativity, Lucas constantly asks himself how he can bring more value to those around him. This book was just one of many answers received. You're Welcome!

Successfully Live with a Chronic Illness

Why learn about your alleged illness when you can choose to learn how to successfully live with it? The thoughts you have, the decisions you make, and the actions you take all add up to your physical reality. By shifting towards the East, you can enhance your health and well-being.

Successfully Live with a Chronic Illness

On a monthly basis very smart people in white coats holding clipboards tell me I have multiple sclerosis (MS). Since being diagnosed with one of the most debilitating neurological disorders; I've learned a lot of information, met many phenomenal people both in-person and online, been interviewed multiple times, received invitations to speak and do group coaching, became more organized, feel healthier than ever, and raised the bar on all of my goals. Thank you MS!

***“Things work out best for those
who make the best of the way things work out.”
— John Wooden.***

Once my life purpose was handed to me on a silver platter, I did what anyone would do in that situation, looked up the foreign word I was just diagnosed with. What a stupid mistake that was! Why do we purposefully make matters worse when we can easily choose the better action?

After reading the first sentence in Wikipedia, I chose not to give a damn about this auto-immune/neurological disorder. People way smarter than I'll ever be who dedicated their lives to researching and treating MS have a reason to learn about it, not me. How is my life and health going to get better knowing that I can forget what my loved ones look like while they're changing my diaper because my limbs forgot how to communicate with my brain? And that is all before breakfast.

Schoolhouse Rock needs to apologize to the world for lying to us all, “Knowledge is NOT power!” Knowledge is simply perceived power. Action and action alone is where your true power lies. So, with the knowledge of knowing I can poop myself, forget what my family looks like, have minimal use of my limbs, more susceptible to depression, unable to read, hear noises that aren't there, read words that weren't written, experience spasticity, forget what I'm doing, have intense insomnia with disabling fatigue; what action can I take with this useless knowledge from hell? The only thing I can come up with is that I now have the knowledge and ability to turn myself into a crippled victim.

I am the creator of my life. I am the only one who is responsible for my health, wealth, and personal fulfillment. My thoughts, decisions, and actions created my MS. No more researching what the illness is, that's my doctor's job. My job is to take care of myself so that I can achieve all my outlandish goals which make other people nervous. I can't be a starting NFL quarterback if I choose to think myself into becoming a quadriplegic.

After reading that one Wikipedia sentence, it was an easy choice to switch gears and research "How to Successfully Live with Multiple Sclerosis."

Weeks of this research and hundreds of hours of personal development seminars, I think I unofficially cracked the code into living a healthy life with a chronic illness. Before I begin, I've been advised to tell you I'm not a medical professional, I have no academic letters before or after my name, never even applied to graduate school, I have not been published in any medical journals, couldn't find one sentence in Grey's Anatomy I could understand, and still ask my doctors to talk to me like a child. Don't take medical advice from me, legally speaking!

There are nine techniques which are easy to implement and simple to follow. The hardest part is actually doing them habitually. Books are knowledge. That's that, nothing more. It's up to you to act on what you decide to act on.

With these nine simple tips, you could begin healing your physical, emotional, mental, and spiritual bodies in a more natural and holistic way.

Part 1: Mind

***"The mind is everything. What you think you become."
- Buddha***

1) Set Small Goals

***"The best way to predict the future is to create it."
- Abraham Lincoln***

Focus on an outcome which you're passionate about the result. Dr. Patrick Hill and Dr. Nicholas Turiano "proved" that living a purposeful life promotes a happier, healthier, longer, and more fulfilling life. Purpose comes from our passions and is produced through acting on meaningful goals.

I can give you a list of my goals and most of them you wouldn't want to do. Your passions, purpose, and desires are yours. Be proud of who you are and pursue a life worth bragging about. Whatever you dream of is perfect for you!

Whether it's in the area of health, relationships, career, finances, school, environment, family, personal development, spiritual growth, etc. set one tiny little goal to achieve each day, week, month, quarter, and/or year. Start with just one, and go from there.

2) Self-Talk

***"If you keep saying things are going to be bad,
you have a chance of being a prophet."***

- Isaac Singer

Affirmations are the best way to reprogram your subconscious mind into operating the way you direct it to. Since our subconscious runs 90-95% of our daily lives, reprogramming it is essential to achieve anything we've never done before. Through our parents, teachers, coaches, friends, family, etc. our subconscious has been programmed to operate a certain way.

If you watch the news, you need a massive overhaul of your subconscious.

When choosing an affirmation, make sure everything is stated in the positive-present-tense. Include a feeling which you'll experience once achieving this result along with an action word ending in -ing. Start it with either "I am...", "I have...", or "I do..." to begin thinking you already have it. That's the key, this is where the magic happens.

Write this down and carry it with you everywhere you go.

Repeat the affirmation thousands of times a day for 90 days. Within time you'll

notice your thoughts, decisions, and actions changing to align your external world with your internal beliefs. Why think yourself into the morgue when you can think yourself into maximum achievement?

Part 2: Body

***“You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.”
- George Lorimer***

3) Exercise

***“Those who think they have no time for exercise will sooner or later have to find time for illness.”
- Edward Stanley***

Who cares if you’re not in the *VIP Chronic Illness Club*, everyone should exercise at minimum 10-30 minutes every day.

I was a lab rat at Marquette University’s study with Dr. Alex Ng to verify that ballroom dancing has benefits for those with MS. It does! It gets your heart rate up and keeps you moving instead of watching the “boob-tube” all day on an overly comfortable Lay-Z-Boy.

There are so many ways to exercise. Go for a walk, do yoga, take a dance class, lift weights, climb stairs, do t’ai chi, move some furniture, do the dishes, golf, rake leaves...anything to get you moving around and your blood flowing.

If you can’t physically exercise because of your progressive disease, Erin M. Shackell and Lionel G. Standing at Bishop’s University “proved” how incredible our thoughts are. Just by visualizing working out, study subjects increased their strength by 24%.

4) Diet

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

- Ann Wigmore

With all the chemicals and modifications to our food, it's no surprise that we have more health problems than corporations with politicians on payroll.

After a lot of research, asking questions in support groups, talking with real medical professionals, I found multiple diet tips to begin living a healthier life with food.

Stay away from: gluten, dairy, sugar, legumes/beans, pork, and red meat. Instead of using butter, use coconut oil. Instead of heating something up in the microwave, smash it with a sledge hammer. A friend once told me that instead of drinking Diet Coke, I should just shoot myself. After reading the research on aspartame, I agree with her extreme metaphor, I'm slowly killing myself by drinking it.

For MS, the diets that are recommended are SWANK, Paleo, Wahl's Protocol, alkaline, and the Blood Type Diet. Each one has many case studies “proving” that it works. When it comes to food, get to know your body as to which food and diets work best for you. You may find nothing here works...*cool beans*, keep looking!

5) Vitamins

***“I take a multivitamin, vitamin D,
and omega-3 oils every day,
and if I'm stressed or run down,
I bulk up on vitamin C and zinc.”***

- L'Wren Scott

When we cook our food, we lose nutrients. When we microwave it, might as

well eat dirt. Raw vegetables have the most nutrients, but for me, my pizza doesn't have all the fruit and vegetables I need in a daily serving; this is where supplements come in.

When I first met with my neurologist, he gave me a pamphlet of "all things Eastern" to improve health. In this, he suggested many vitamins and minerals for those with a MS. Looking at his material, I wondered why schools chose not to add this to the curriculum since it's information for everyone.

Out of what I learned, we all can focus on vitamin D and omega-3. In my unprofessional opinion, these are the two most important vitamins to take. Whether or not you're the healthiest one in the room, start taking these. Low vitamin-D levels can create MS. If you're like me, vitamin-D can help to ward off flare ups. Omega-3 is great for the brain. Your brain controls everything. Common sense says to take omega-3 fish oil.

6) Physiology

"Smile if it kills you. The physiology of smiling diffuses a lot of anger and angst. It makes your body and soul feel better."
- Tom Peters

Our body posture not only projects our energy to the world, it has a direct impact on our internal well-being.

How can you feel good about yourself when you slouch all the time? How will your confidence shine when your chin is angled down? What benefits can you lie to yourself about receiving by frowning most of the time?

I personally have experienced the profound impact of physiology in my health. Sit up straight, shoulder blades are closer together rather than positioned slightly forward, chin angled slightly up, smile, feet just a little wider than shoulder width apart, elbows bent with hands clasped above the naval, eyes above the horizon, inhaling through the nose while exhaling through the mouth, hips forward, and keep the knees slightly bent. This can happen while sitting too!

Part 3: Spirit

***“How people treat you is their karma, how you react is yours.”
- Wayne Dyer***

7) Reading

***“Reading is to the mind what exercise is to the body.”
- Joseph Addison***

The information we indulge in creates the energy we carry with us throughout the day. My spiritual health was garbage when I use to read the news and what the president plans on doing next. Learning about the Milwaukee ghetto isn't something that is going to allow me to easily project out positive energy.

To me, “Spiritual Health” is energy. The thoughts we have can come from the material we read. Quantum physics proves beyond a reasonable doubt that everything is energy. Our thoughts project out certain frequencies which repel and attract events and people into our lives.

My entire world changed when I chose to start reading self-help, self-empowerment, self-improvement, personal development, and success books. Because of this shift in genres, my spiritual energy shifted and the universe did exactly what it has been doing for eons.

After destroying your microwave, celebrate by doing the same to your TV set.

8) Pendulum

***“The pendulum of the mind alternates between sense
and nonsense, not between right and wrong.”
- Carl Jung***

You now have a direct line of communication to the most powerful force in the universe. Communicate directly with the subconscious mind and produce immediate results. Through this technique, we play 20 questions with our minute muscle movements.

Put something with weight at the end of a string and you have yourself a pendulum. Mine has a key ring big enough for my index finger to fit in with a gemstone at the end of a chain (see images).

While standing up, I put my finger in the key ring and allow the pendulum to freely dangle. Keeping my arm/elbow off my body, I look down to see which way the stone swings.

Direct your questioning to what decisions and actions you should take. This is not fortune telling. Since our subconscious knows everything, make sure you thank it for the answers received by following through with your insight.



9) Eastern Medicine

***“Eastern medicine is not about curing sickness.
It’s about keeping you well.”***

- Tim Daly

What an incredible way of life. Eastern medicine has been around for thousands of years with little change. Western medicine changes constantly. Eastern promotes healing and wellness. Western is great for ER, diagnosing, and covering up the problem.

When is covering up the problem okay? I receive a Tysabri infusion once a month. It's not fixing it. It's covering it up while risking my organs, and actually, my life. I'll continue this monthly ritual until my body rejects it.

Since my MS discovery and becoming the organizer of *WIHHE*, I learned so many "secrets". Find what works for you:

Meditation, floating, acupuncture, acupressure, massages, chiropractic, yoga, t'ai chi, Qigong, Feng Shui, Huna, reiki, essential oils, psychology, vitamins, herbs, and minerals, numerology, astrology, shiatsu, nutritional counseling, art/light/color/sound/music/vibrational/aroma therapy, energy/spiritual healing, hypnotherapy, NLP, and much, much more.

It's exciting to learn this is becoming more mainstream. Even Western science is starting to catch up to the ancient Eastern beliefs. When will our society?

***"It does not matter how slowly you go
as long as you do not stop."
- Confucius***

I'm not good at most of this. I forget to do it every day. I've known this information for nearly a decade and my health is still a work in progress, always will be.

Hopefully you found at least half of a sentence you want to experiment with to see if it's right for you. What works for one person may not work for you. That's what makes life so fun. Test, learn from what happened, change things if you need to, then test again, repeat. You'll find what works best for your body as long as you don't stop.

When pursuing better health or any desired outcome, nothing worthwhile is going to happen within 30 days. Sometimes it may take decades. Keep doing what is most right for you at that moment in time. Refer back to this book and the other chapters to find that spark of motivation you need to keep going.

It took me nearly four years of failing to learn how to write and publish books efficiently and effectively. I believed I could do it, I had the desire to do it, so I did it, period! I don't care what my mom says, I'm not special! You have the ability to choose to do something and then do what it takes to achieve it. The only thing stopping you from optimal health is you.

For the next 90 days, no matter what room you're in, say to yourself, "I'm the healthiest person in this room." Since we already have a ton of false beliefs about the world around us, why not believe that? I believe it!

***"Anything I can do you can do better.
It's a matter of belief backed by desire."
~ Lucas J. Robak***



Lucas J. Robak



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<http://holistichealthexpo.org/book/>

Nicole Isler



Nicole M. Isler is a Coach for Sensitive Souls. She helps highly sensitive people go from feeling flawed and broken to feeling confident and free, by embracing their gift of sensitivity as their superpower. She is the CEO of Big Dream Awakening, forthcoming author of *Go With Your Gut*, host of *Positivity Party Radio* and creator of *The Navigator*, a holistic methodology that teaches HSP to navigate their emotions so they can thrive and be happy. The Sensitive Souls Nicole has worked with

have gone on to become professional artists, healers, published authors, successful entrepreneurs, empowered parents and superheros.

Sensitivity or Superpower

Have you ever been told you're "too sensitive"? Does it make you feel like you have to be on guard with your emotions? Boy have I been there.

I know how you feel. I felt the same way but I found a way to navigate through the frustration, isolation, and discomfort. I want you to know there is a way out, you can be happy, and you can use your sensitivity in a way that it becomes your superpower. Read more to learn what being highly sensitive really means.

Sensitivity or Superpower

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As long as I can remember, my hyper-sensitivity has been a running theme in my life. It held me back from trying new things, expressing my feelings and being successful.

People in my life would say things like...

"Don't be so sensitive"

"Don't take everything so personal"

"Stop being so emotional"

Every time this would happen, I would own it. It must be me. I was being too sensitive again.

I tried to hide it, act like nothing bothered me so people would leave me alone. My feelings became insignificant because someone determined I was 'over-thinking' something and I believed them.

Does any of this remind you of yourself — or someone close to you? If so, you're not crazy or weak or "too sensitive." You are not broken and there is definitely nothing wrong with you.

You are a sensitive soul, a Highly Sensitive Person. (HSP) And it's not a bad thing. You can learn to use your sensitivity, as your superpower.

I'm here to tell you...

Be who you are, make no apologies.

We sensitive types live in a world of people who don't necessarily understand or appreciate our strong feelings. They just don't get it. And for some reason, we translate that to "there must be something wrong with me".

When actually, your sensitivity is what's absolutely right about you.

When you are told "you're too sensitive", it eats away at your self-esteem, you start to feel abnormal. Self-doubt sets in and you take a step back from living the life you truly want.

Your dreams slip away bit by bit.

Sensitive Souls are greatly misunderstood and hugely undervalued. They are looked down upon for being a deep feeling person.

Hypersensitivity, often mislabeled as shyness, is generally treated as a character flaw. Being treated this way can leave you feeling like an outcast in society, your workplace or even your own family gatherings.

Due to your feelings of frustration, you might experience angry outbursts, anxiety, and depression and have a deep desire to just 'be normal'.

You're not alone if that resonates and sadly the numbers are adding up. There are currently 40 million adults affected by anxiety disorders and 14.8 by depression in the United States alone.

Those are staggering statistics. Too many people are going through life feeling broken, out of control, isolated and in many cases, medicated.

It doesn't have to be that way.

What if instead, I told you that you are gifted? That's right, I said gifted.

Being highly sensitive is not a flaw, it's not just part of your genetic make-up, it's your genius make-up. It's your superpower.

However, until you fully understand it, it will feel like a curse, not the blessing it was meant to be.

Most of the people around you have no idea what it feels like to be you. Only 15-20% of the population has the ability to feel and sense energy the way you do.

While this trait is not a new discovery, it has not been honored in the way it should be. It has been mislabeled as something bad.

I'm here to tell you times are changing. Sensitives are gaining respect and honor and there's science to back it up.

A study by Stony Brook University psychologists found your brain as an HSP works a little differently than others. You're more aware of your surroundings, you process information more thoroughly and you have the ability to pick up on other people's emotional cues as if they are your own.

When you're in balance or in alignment, this works in your favor, as a gift, leading you to your best life as your best self.

Your relationships flourish, you feel a deeper connection with those around you and build rapport very quickly. People enjoy being around you because you seem to 'get them', they're drawn to you for your insight and creative perspectives.

You feel energized and strong, vitality is plentiful. You allow life to unfold for you, trusting your inner guidance to help you make decisions.

However, when you're out of alignment, you may feel out of sorts, like you're not right, confused, overthinking, weighed down and far from the life you dream of living.

You start to isolate, feeling no one seems to 'get you'. You worry what other people think of you. You start projects but never seem to finish them. You feel overwhelmed.

This drains you, you feel off. You start to lose sight of possibilities and feel like a failure.

Being in balance is not as much about being in balance as it is noticing when you're out of balance. There are signs and symptoms to help you recognize when you need to adjust.

Using your sensitivity as your superpower comes down to having the right mindset and continuously reading your own energy to notice when you're out of alignment.

This is your time. Embrace your gift of sensitivity. You can flourish as an HSP. The best thing you can do is check in with your feelings, notice what you notice.

Here's are 5 HSP qualities when you're in alignment and symptoms to watch for if you drift.

1) In alignment: You process information more thoroughly. You are able to process material at deeper levels with long periods of focus and concentration. This can lead to wonderful creations, inventions, and ideas. Known as an 'out of the box' thinker you have the ability to see things from endless directions creating new perspectives when others may see only limited approaches.

- **Out of alignment:** Over-analyze everything down a destructive path until your mind is racing toward dead ends. This snowballs, draining energy and cluttering your mind. When group brainstorming and team projects are not productive, creative, fun or are too rigid, you may feel stifled and limited resulting in withdrawal, disengagement, and even resentment.

2) In alignment: You have an especially strong empathetic response to emotional cues from others. Greatest social fulfillment tends to come from close relationships, and this is where you are able to shine. You have the ability to feel what others feel, like emotional x-ray vision. You are most likely the go-to person when it comes to helping others feel better or feel understood. You build rapport with ease and connect with others quickly, meeting someone where they're at emotionally without the other person having to explain what they feel.

- **Out of alignment:** Tend not to share openly with just anyone, will not share with someone you sense negativity from. In the workplace, if you feel forced to "play office politics" you may rebel when

pushed. Colleagues or acquaintances may not understand this behavior and may label you as aloof, arrogant or cold. Your energy hardens as a result of over-protection, like a shell, closing off others even more. Emotions can feel cluttered, hard to separate what is self and what is others. You may put up a wall if hurt in the past. If self-esteem is low (because society doesn't view the HSP traits as ideal), you may fall in love with someone your inferior. The tendency to overextend to others, creating feelings of resentment and overwhelm, compensate by withdrawing or isolating to release the pressure. It's easy for an untrained sensitive to take in everyone else's stuff and feel weighed down or confused as to what to do with it. There's no separation between what is self and what is others.

3) In alignment: You can pick up on subtleties that others overlook like things in the air, temperature changes, lights, fabrics, scents, and odors. Highly skilled at tasks that involve observing minor differences. Can see the unseen, feel the vibe and adapt or adjust accordingly. Sensitive make great scientists, detectives, caretakers, animal healers, parents, teachers, energy workers, coaches, and psychologists.

- **Out of alignment:** If overstimulated, you feel overwhelmed, frantic or anxious. Tend to shut down, pull away. Cannot 'think straight', process ideas or organize details mentally. Your mind will only focus on the unwanted sensory stimulation like loud noise, unpleasant odor, etc. May feel out of control, cramped or too much pressure. Racing thoughts become over focused on the negative details escalating anxiety.

4) In alignment: You have an active imagination. Your creative mind is always running and ideas can spark at any moment. This gives you a strong appreciation for the fine details of art and music because you can feel the meaning behind the creation. You live a more vivid and inspired life filled with deep meaning, beauty, and ability to create peaceful environments with natural/earth elements that are visually soothing.

- **Out of alignment:** Feelings of too many ideas and not enough time. Inspiration has no traction, unfinished projects – always starting, never completing. May have a lot of interests but there's no feeling of sense or order, leaving you feeling scattered and confused.

Your environment can become cluttered, you feel overwhelmed, cramped, feelings of defeat and failure take over zapping your inspiration.

5) In alignment: You are natural born entrepreneur. Conscientious about planning and research, you excel at being self-employed. You love to control the many aspects of your life and business, the hours, stimulation, kinds of people you deal with and product/services you offer. This keeps you living inspired. Unlike many first-time entrepreneurs, you balance risk with making an impact. Can see the ‘bigger picture’, and live to make the world a better place through your service to others. Because connection comes easily to you, you see the world as one and feel happiest when making a difference and using your gifts.

- **Out of balance:** You worry excessively and unnecessarily, thinking too deeply on projects, wanting it to be perfect but always feeling it’s flawed. May be inclined to work unthinkable hours to accomplish the big goal. Sacrifice self-care for productive hours, grinding down energy to burn-out levels. May lose interest if the creative mind works faster than the progress of the project.

5 tips to thrive and not slip off out of alignment:

1) Plenty of playtime. That means doing nothing, or doing something that requires no thinking energy. Examples might be sitting outside, spending time with your pet or favorite friend, watching a funny or favorite movie, cleaning, gardening...whatever you don’t have to “figure anything out” to do. It’s really for no other reason than to have fun.

2) Be selective about your relationships. Spend time with people who ‘get you’, who are super easy to be around. This makes conversation easier, it also generates energy for you. You feel understood and safe to open up and share about yourself as much as listen and help them. It’s a give-give type of relationship.

3) Get very clear about who you are. Establish your independence and a strong sense of self and identity. Without everything in your life, who are you? If you can clearly and confidently answer that question, you’ll feel centered and solid no matter what changes come your way.

4) Plenty of alone time. It's a must, even if non-HSP don't understand. Without this time, you cannot reach your full potential. Alone time is how you declutter emotionally and settle energetically, how you get back to self.

5) Make self-care a priority. It's imperative to care for your emotional, mental, physical and spiritual needs. Be sure to include daily actions and activities that fill each of these containers. Examples spend time in nature, massage, exercise, deep breathing, organic and whole foods, sleep, journaling, meditation, etc.

Bonus tip: Fully accept and embrace that being highly sensitive is your gift and your superpower. It makes you special and gives you the ability to help others in a meaningful way.

Your specialized, innate skills as a Highly Sensitive Person whether in business or personal settings can help you thrive and succeed. The more you develop, the stronger your superpower becomes, the more you shine, the happier you feel.

You can learn to navigate your feelings and use your emotions. You can be yourself 100%, a Sensitive Soul. You can be your own Superhero.

Nicole Isler



Take the next step. Connect with Nicole for a Sensitivity Scan:

<http://bit.ly/FreeSensitivityScan>

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Lucas J. Robak

Jack Canfield

Sherry Brantley



Sherry Brantley is the author of *STEPP-Start To Exercise Personal Power—How To Create Positive Change In Your Life!*

Sherry is a Certified Life Coach and Certified Professional Coach specializing in the areas of Goal-Setting and Goal Attaining!

She is a dynamic speaker and trainer. Whether writing books related to personal growth, poetry books or her award-winning fictional trilogy of work entitled *Best of Friends*, Sherry incorporates thought-provoking concepts which readers are able to connect to in order to increase their understanding of their own Spiritual Growth, to determine what they'd like to achieve in life!

The Top-4 Common Mistakes Most People Make When Setting Goals

The Top-4 Common Mistakes Most People Make When Setting Goals,' includes simple, easy-to-implement techniques so that you're no longer languishing in the 'wishing' stage—and can move forward to the 'my goals are already existing stage' allowing you to finally go beyond being a goal-setter to a goal-GETTER! We'll focus on each of the '4-Common Mistakes' individually, with techniques to help you recognize them so that you're able to avoid these common pitfalls.

The Top-4 Common Mistakes Most People Make When Setting Goals

Goals. What a wonderful tool we get to use in order to assist us in making our dreams come true! Goals help us to shape our destiny, create our future and begin to experience the life we've always envisioned for ourselves. While achieving our goals sometimes involves making sacrifices along the way, contrary to popular belief it's not a perquisite nor a requirement that you endure a long, up-hill battle, neglect all other areas of your life, or that you must desert family and friends leaving you feeling 'all alone' as you pursue your dream.

You'll discover it can be a lot simpler to achieve your goals rather they be large or small, once you have the proper tools to assist you.

Were you aware that studies indicate that anywhere from 93% to 97% of the population do not achieve their goals? No matter how you look at it—that's a whopping figure indeed! Do you fantasize about the type of life you would have if you'd completed your goals? Has your 'Bucket List,' become your 'I'll just 'shuck it' list?

We'll take a look at the *Top-4 Common Mistakes Most People Make When Setting Goals* which prevents them from ever achieving their goals. You'll be able to recognize which of these goal-killers you may be using so that you're able to eliminate them and begin to celebrate attaining your goals.

I'll give you some easy techniques to jump clear over the hurdles that may have stopped you in your tracks in the past. Once you begin to utilize this information on a consistent basis with your goal-setting, you too, shall begin to join the ranks of those of us that are able to move beyond *goal-setting*—to Goal-Getting!

Goals, vision boards, bucket lists; no matter how you label them, they all boil down to one thing: People who are looking to move beyond their fears or prior protestations so that they may begin to achieve their goals. Many of us see our goals as something to do 'someday,' or just before we get to the 'after-life.' You know what I mean: After the kids are grown; and then it's after the kids are actually gone. Or after I get the promotion, or come back from vacation, or finish school, or... you get the picture. For some, goals are referred to as 'lifetime

goals,' which gives the impression that they have a 'lifetime to achieve them,' or they're referred to as a 'bucket list' meaning they only need to focus on them prior to 'kicking the bucket.' Goals are placed on the back burner while the years of your life roll by, but 'Goals do not just happen someday when you least expect them,' nor will your goals 'jump up and surprise you out of the blue without any input from you.'

While Vision Boards and affirmations are a great start towards beginning to realize your dreams, they are just that—a start. Focus and action will be the fuel that propels you to achieve your goals.

So, are YOU ready to go from 'Goal-Setting to Goal-Getting?' Review '*The 4-Common Mistakes Most People Make When Setting Goals*', so that YOU can avoid these pitfalls.

The first mistake most people make when setting goals is: They are focused on their goal being 'Too Big.' Stephen Covey stated to 'Begin with the end in mind,' which is great advice. However, too many people conjure up the image of that 'big picture' and while they are excited about that end goal, they fail to realize that it is just that—the END goal, after all of the necessary steps to get there have been completed. When you are focused on the 'Big Picture,' your mind also focuses on the BIG questions: The 'how,' the 'when' and the 'who will help along the way?' Not being able to answer these questions at this early stage of goal-setting makes people become paralyzed of the big picture and afraid of the enormity of it. You begin to doubt your dream and therefore, yourself. You wonder if you're deserving of such a lofty goal. Soon, you're relegating your mind to the idea that the goal was too much for you to achieve and you simply resign yourself to living your dreams—only in your mind.

A way to combat this goal-killer is to keep in mind the words of Martin L. King Jr., who stated, 'You don't have to see the entire staircase in order to take the first step.' If you're one of the many people who tend to get stuck at the idea of your BIG picture; if your goals seem too big to accomplish or too far down the road for you to take the first step, focus only on the steps that are right there in front of you. Not the entire staircase or the end goal. You do this by dividing your bigger goal into 'bite-sized chews,' so that you're not 'biting off more than you can chew.' You're then able to complete those smaller steps that are manageable for you at each leg of your progress. This allows you to experience success early on, which fuels you to maintain your spark of enthusiasm as you work towards your ultimate goal. Keep in mind words are powerful—

therefore note that I'm saying you're 'dividing' your goals—not 'breaking your goals down.' You don't want to mentally use the words 'break down' your goals when the more affirmative, 'divide your goals' will do! J

**The mantra to remember the 'Too Big' rule is:
'Bite-sized chews are right for you!'**

As we can all attest, people have become accustomed to 'multi-tasking' and unfortunately, have carried that mentality to their goal-setting regimen. This causes many people to attempt to focus on too many projects at once while not doing any of them with any modicum of success. Therefore, the second common mistake most people make when setting their goals is focusing on trying to achieve 'Too Many' goals at once. We are able to focus on two to three major things at a time—for a short or 'temporary' period of time. However, when we try to give all of our energy and efforts to a vast array of projects over an extended period of time, we become the proverbial 'Jack of all trades—and master of none.' Our goals begin to slip away one by one.

We have all either witnessed this with others, or...we've been guilty of committing this error in our own lives. You know the scenario: It's the end of the year and the beginning of a New Year. Everyone's excited about really sticking with their New Year's resolution. Someone runs up to you and exclaims: "Sherry, I'm going to go back to school, finish my degree, join a gym, lose weight and find my soul-mate—all within the next 90 days!" Well, the bulk of New Year's resolutions never make it past the third week of the first month of the New Year. Before January ends, the resolutions have petered out, people realize they can't maintain such a frenetic pace of all of their lofty New Year plans without suffering physically, mentally and depending on some of their goals, even financially. They begin to lose hope, see themselves as failures, begin beating themselves up mentally for their shortcomings and resign themselves to wait another entire year before repeating the same routine. Never mind that there are still eleven months of the year that can be utilized and mapped out for success. Their focus was on it being a 'New year and a new 'me,' and once the year has begun with little or no success, they feel that ship has left the harbor and sailed and now they'll have to wait until the ringing in of another New Year.

An easy fix to avoid this common mistake is to reflect on what you'd really like to achieve for the entire year—and then, piggy-backing from the first error I spoke of where goals seemed too big, divide your goals into quarterly goals. This means choosing only two or three of your goals to focus on at a time, rather than the goals you've mapped out for the entire year. This allows feasible time-frames within each of the quarterly 90-day periods to complete each of your goals without becoming too stressed out or feelings of being overwhelmed with it all.

Imagine now, setting the stage to focus on just a few goals and giving them your undivided attention for 90-days. You'll be amazed at what focusing your attention on specific goals will do for you, and you'll reach milestones that initially, you had not been able to complete before.

A great technique to add to this 'Too Many' error is to focus on 'like goals' so that you're not focusing on competing goals allowing you to complete tasks in one goal set that overlaps into the other. For example; if your goal is to eat healthily and to lose weight, these would be two that are worked on in the same quarterly period. As you begin to consciously choose your foods and incorporate a regimen of 'moving your body more,' and since your goals now go hand in hand, you're able to give your attention to these two goals without feeling it's too much of a stretch (no pun intended) to do so. Likewise, if your goal is to visit a specific destination for your next vacation and you also want to increase your savings, then working on these two financial goals together in the same quarterly period will have you experience success with both goals within that same time-frame. 'Grouping like goals' together allows you to focus your attention properly on moving forward in two separate areas of your goals while achieving them both at the same time!

The mantra to remember the 'Too Many' rule is:

Too many goals leaves to feelings of despair—Heading in too many directions keeps you going nowhere!

The third common mistake most people make when setting their goals, is they are simply Not Specific when detailing their goals. You may have fallen prey to this error during sometime in your past. Have you ever thought of owning a home and said to yourself: 'One day, I'm going to be a homeowner.' The more real that vision becomes, the more specific and detailed you find yourself when talking about it. Soon, the statement, I'm going to own a home becomes: "I'm going to own a four bedroom, two bathroom home that can accommodate overnight guests comfortably and is within walking distance from the beach." Now that's a goal you can see yourself sinking your teeth into! It is no longer just a vague, someday wish, but a detailed rendering of what you're planning. Goals that are vague and lackluster with no specifics are hard for you, or anyone else to rally behind or become excited about. Also if your heart isn't in it, your mind won't invent it—and you're simply left with a 'goal-less goal,' wondering how your life would be if you were to ever really complete your goals.

**The mantra to remember the ‘Not Specific’ rule is:
Specific Thoughts Yield Quicker Results!**

We’ve covered the first three common mistakes most people make when setting goals which were the: ‘Too Big,’ rule, the ‘Too Many’ error and the Not Specific mistake. In this final section we’ll discuss the fourth common mistake most people make when setting their goals. You’ll want to recognize and identify when and how you may be making these common errors as well, so that you can move beyond goal-setting and advance to Goal-Getting!

Have you ever tried to put together a complex piece of equipment in your home without having the written instructions or guidebook to show you what to do next? Or, has someone ever handed you a slip of paper advising it has directions on it for you, but you see the directions are non-existent and in fact you’re only holding a blank sheet of paper?

Those scenarios would seem ludicrous to most of us, but when it comes to setting goals that’s exactly what many people do, which hinders and obliterates their success. You see, the fourth common mistake that most people make when setting their goals is...Not Writing them down. It seems pretty simple right? But remember, some people hear ‘simple’ and think they ‘simply’ don’t have to adhere to a specific rule. Do not skip this all-important step! It can mean the difference between attaining your goals and just setting goals! There is an old saying which states: ‘As it is written—so it shall it be done.’

There are many advantages to writing your goals. Writing allows your heart as well as your mind to get on board in the direction you want to go. It’s easy to ignite a fire in our hearts because initially that’s where the excitement of fulfilling our goals start.

But our mind is a bit more analytical. It begins to wonder about the logistics and the details. The ‘why,’ the ‘when,’ the ‘where,’ and wants to answer the question of: what will it cost me in terms of time, money and effort? The mind also immediately begins to play the game of devil’s advocate by being ‘more realistic’ with where you are now, and will conjure up a scenario or a picture of the long, tall bridge you’d need to cross in order to even begin taking your first steps. Our minds uses our past information to determine our future expectations and this is where writing trumps ‘just thinking’ about our goals.

Writing your goals in specific language allows you to mentally affirm goals while raising your Vibrational Level (VL) to meet your newfound beliefs. By doing so, you expand the very opportunities that begin to ‘show up’ and be

manifested in your life, and your mind is now able to recognize these as opportunities rather than obstacles, because in your writing—you've now written a different script for your mind to relate to! Writing is an excellent way to assist you on your road to personal, spiritual and financial growth. Writing solidifies the beliefs of the possibilities that you have for yourself. Writing allows you the opportunity to make an honest analysis of where you're currently at, versus where you'd like to be, and more importantly, it allows your mind to begin to imagine options, ways and alternatives to assist you to make it happen! Perhaps you need to further your education, request additional training in your career field at work or hone a skill which you've allowed to lie dormant for some time. In any event, writing clearly shows where you are and allows to bridge the gap of where you'd like to be..

The mantra to remember the Not Written error is:

Create Goals That Are Truly Exciting—And To Achieve Them, Put Them In Writing!

Now that you know '*The Top-4 Common Mistakes Most People Make When Setting Goals*,' ensure that you avoid these pitfalls and have fun using these simple, easy-to-implement practices in your goal-setting regimen. Soon, you'll be able to join the ranks of the percentage of the population that are achieving their goals!

Sherry Brantley



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Danielle LaRock



Danielle is Founder of The Haven, an Intuitive Business Coach, and a Spiritual Teacher. Her vision is creating a world where we see each other for who we truly are and live from our Authentic Selves. She believes that the world wants the Real You, and when we Discover the Haven Within™ ourselves, we are truly able to live our life of purpose and make our positive impact in this world. Danielle works with visionary change leaders – individuals who want to make a BIG difference

in the world, answer their true calling, and earn and serve abundantly through their healing work.

Healing Healers

Are you ready to heal yourself and the world? Danielle LaRock, founder of The Haven, lays out a dramatically new perspective on the link between healing and purpose. In this chapter, she gives case study examples of miraculous healing when people find their true passion and serve the world. When you connect with a vision that is bigger than you, your earning, impact, and wellbeing skyrocket by choosing to step boldly into the role of the healer. This is how you heal and show up to be the change you wish to see in the world.

Healing Healers

“I don’t know what’s wrong with me.”

These were words I kept repeating to myself as my body continued to be unresponsive to any medical treatment – prescription, natural, or otherwise.

I had been battling severe digestive symptoms for four years. They came on suddenly – almost like someone flipped a switch. One day healthy, and bam! The next day, I was in the bathroom 4-10 times a day. With no end in sight.

I was determined to heal, but after countless doctor’s visits, a mountain of nutritional and herbal supplements, and a 30-day juice fast, I was running out of ideas.

And hope.

And toilet paper.

I wondered if this was just how I had to live the rest of my life. At age eleven, I was diagnosed with Crohn’s disease, an autoimmune disease of the gastrointestinal tract. And I was told there was no cure.

But some part of me believed that there was.

I traveled the world, practiced yoga, meditated, got rubbed down in ayurvedic oil massages, attended months of trainings, and consumed every healing book I could get my hands on.

But it wasn’t until I started coaching, that things transformed. **Radically.**

One of my first ever clients was Mary¹. I distinctly remember the day I first coached Mary. There’s always a level of awe as I observe this person opening up to me with their greatest fears and dreams.

¹ Please note: All clients’ names have been changed to preserve client confidentiality.

Mary didn't just want a change. ***She wanted a life transformation.*** She wanted to depart the job at the pharmacy she was working at and embark on something new... something that would allow her that same feeling she felt when she was outside, breathing in the fresh air, feeling that clarity of mind that nature so amply provides. We talked about the possibilities for her new business, how it would affect her relationships, and what this transformation would mean for her.

The last thing she shared with me as we completed our session was, "Yes, maybe this change will help with my colitis."

My jaw dropped.

Ray² had just been diagnosed with lupus when he came to work with me. He was gearing up to start his own coaching practice, and he had more energy than any man I knew. He would wake up at 4am, get on the treadmill, get his kids off to school, then work 12 hour days at his business for the car dealership. He and his wife would then prepare a vegan meal for their family, and he'd roll into bed, sometimes not until midnight, only to do it all over again.

So he was especially frustrated and at a loss when his body would go into full lockdown and it hurt to even move his fingers. His doctors loaded him up on corticosteroids, causing him to gain weight from the medication, and he then bravely dealt with his own shifting perception of his appearance on top of everything else.

But Ray was determined.

I was leading a retreat in Vermont. I crawled into bed one night on day two of the week – a big breakthrough day for everyone – and cracked open *Steering by Starlight* by Martha Beck, one of the pioneers in the life-coaching field.

It was about halfway through the book that Martha started talking about Madison. Madison was a high-powered Wall Street professional who suddenly started to experience complete exhaustion. Every muscle in her body went into "power down" mode. To the point where even carrying a stack of towels to the

2 *Please note: All clients' names have been changed to preserve client confidentiality.*

bathroom caused pain so extreme, she could hardly move her arms for days. She kept getting conflicting diagnoses, and no real improvement with treatment.

According to Beck, Madison drew her aside at one of her seminars and said:

“...I figured you'd think I was crazy. But I didn't start getting my health back until I started admitting to myself that...’ Her voice trailed off...

‘That what?’ [Martha] said.

‘That my whole life, I've always know I'm supposed to be some kind of...healer,’ said Madison. ‘Not medically, more, uh, intuitive.’

She covered her face with her hands. ‘I've been fighting this for years,’ she whispered. ‘I did not go to Yale to become a fruit loop.’”³

That night, I had trouble falling asleep.

Martha had introduced me to a puzzle piece that made the picture click.

It's called: Shaman Sickness.

“Shaman sickness” actually refers to a well-documented phenomenon. According to anthropologists, in many traditional societies, shamans (also known as druids, medicine people, healers, and empaths) discover their calling after being struck by prolonged, incomprehensible illness, which heals only after they accept the spiritual nature of their vocation and allow themselves to “shamanize.”

If I had read this a few years ago, I would have scoffed, rolled my eyes, and thought, “Woo-woo magic,” while twirling my finger next to my temple. But when you experience something, and then begin to see it elsewhere, and then research comes up to smack you in the face, it's a little hard to ignore anymore.

3 Beck, Martha. *Steering by Starlight: Find Your Right Life No Matter What*. Published by Martha Beck. 2008.

Shaman sickness is an illness, disease, or set of symptoms –mental or physical - that does not respond to normal treatment. The illness is cured only when the healer accepts their gift and steps into their role as a mystic. As a result of this, the individual can work with others who are struggling to cross this same territory.

The healer heals.

Shamans, contrarians, medicine men/women from all cultures share certain similar characteristics. Typically during childhood, they may be sickly or accident-prone. They are extremely empathetic, sensitive to the emotions of others, and may suffer from high anxiety and/or emotional overload. They may deal with depression or substance abuse issues as a result of being so “wide open.” Some have sleeping or waking dreams or visions, and this leads to a life-long interest with the spiritual realm. People tend to be drawn to these visionaries for advice. The challenge is that these healers struggle with anyone understanding them.

How do you know if you are one of these people? See if you resonate with these statements:

You’ve always felt a bit...different than everyone else. Odd or outcast even. And yet...you have the ability to help others feel like they are accepted and understood.

You have this incredible urge that you have something very important to do in this lifetime.

You have a vision for the world that most cannot see in the current reality.

Surface level conversations do not interest you. You crave deep connection.

You’ve experienced what is sometimes referred to as “the dark night of the soul” – losing a family member, suffering from illness, and/or deep emotional or spiritual turmoil.

You may be reading this and thinking, “Well, I’m sure everyone feels or has experienced this in some way.”

Exactly.

Because we are all, in our own unique way, shamans. We are all healers.

The thing is, in western society, with our veneration of modern science, stepping into a role of a mystic can classify you as borderline insane. A true “fruit loop.”

So what do we do with the gift? We repress it.

What happens to all that energy? It goes into our body. And gets ***stuck***.

Many healers have taught about their personal journey through self-healing, and the resulting work they do with clients. Some notable ones include Louise Hay (teacher and author of *You Can Heal Your Life*, which has sold over 50 million copies world-wide), Amy B Scher (energy therapist and author of the book *This is How I Save My Life*, chronicling her journey of stem cell and energy healing), Bruce Lipton (Scientist and author of *Biology of Belief*, with scientific evidence that energy and environment are what determine our genetic expression), and Carolyn Myss (medical intuitive and author of the acclaimed *Anatomy of the Spirit*), to name just a few.

What do all of the journeys they share have in common?

That not accepting this knowledge, this knowing that we have a *Calling*, drains and weakens us. We start to experience feelings ranging from low-level malaise to addiction, chronic exhaustion, or full-blown body breakdown.

That is, until we decide to claim our true destiny.

Mary's and Ray's stories are just an extreme version of breakdowns that I have observed in many of my clients who tell me that in some way, they have lost their purpose.

When you lose sight of why you are here and the unique way you serve the world, it only makes sense that this depletes or weakens your life force.

So what do you do?

Well, you've got to choose, of course.

When I do breakthrough sessions with my clients, there always comes a point where the individual must choose - To heal or not to heal. Do I continue to believe that I am the past self that I have always been? Or do I instead choose to let go of who I thought I once was, in order to become who I might be?

What nudges this choice in the direction of the latter?

A vision that is BIGGER than yourself.

When you have a mission for the world that is bigger than you, bigger even than any one individual you support, you can't help but be in your purpose-lane.

And in purpose-lanes, there is no room for sickness. There is no room for misalignment. There is only a deep and true inner knowing, that you are Called to service. And you know it, deep inside of you.

You will do anything to save the world.

Including boldly accepting yourself in the unknown world of the healer.

So what happens to that old story of sickness?

It goes back into the nothingness from whence it came.

For the past several months, Ray has been dedicating more of his energy to his passion business, taking down time for himself, and accepting his role as a coach to help others through this process.

Before our breakthrough work together, Ray was blowing up on corticosteroids to manage his illness. A few months ago, Ray dropped down from 20 mg of prednisone to 5 mg.

No symptoms.

In a recent email to me about his miraculous turn around, he wrote:

“Basically, I’ve chosen health.”

Mary took a bold step out of her “safe” job and has experienced dramatic reduction in her symptoms, with no use of pharmaceutical drugs. She hikes daily now and reports that she finally feels like she is able to “breathe again.” Her renewed sense of freedom has led to increased energy for her new business, helping others with natural remedies and meditation practices to provide healing benefits.

She’s an example of how when we continue to align with our authenticity, to take the leap into what we truly desire, that we can’t help but want to give. It really demonstrates the age-old adage:

“You live it, to give it.”

I sat on the hard plastic chair in the super air-conditioned doctor’s office. I had taken the day off from coaching to drive an hour to find out the results of my latest test. The door opened and the gastroenterologist strode in, his dictation assistant in tow. As he sat down, I mentally prepared myself for the worst.

“Who diagnosed you?” he asked.

“Well, several doctors since I was eleven. But this is the first colonoscopy I’ve had in six years,” I answered.

He scrolled through the notes on his computer. He looked up, paused, and said frankly:

“You have no signs of Crohn’s disease.”

Wait, what?

He furrowed his brow. “And you haven’t been on any medication for this in the past five years?” he inquired...again. This was the third time he asked me.

“No, none...” I trailed off, as what he was saying totally sank into my mind.

I shuffled out of the doctor's office ten minutes later, clutching the report from the colonoscopy procedure. Two weeks later, I opened my mail from my second opinion, and read "Your blood and stool tests have come back completely normal."

Except I knew. This what anything but normal.

This was healing.

Danielle LaRock



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Diane Garrison, Ph.D.



Diane Garrison, Ph.D. is a devoted wife, loving mother, and budding author. She is a clinical psychologist of 25 years experience. She has worked with clients in individual, group, and workshop settings focusing on many types of challenges including life adjustment, mental health, addiction, spiritual growth, and self-actualization. In 2013 she opened Lake Country Wellness & Counseling, a Holistic Healing Center dedicated to helping each client obtain radiant health and well-being: Mind-Body-Spirit-Emotion. Through her own personal growth and spiritual transformation, she has come to understand that this work is both her life purpose and mission. She is both honored and grateful to be able to assist others in their healing journey.

The Power and Grace of Self-Compassion

Self-compassion is a term many of us have heard, but few of us truly understand and practice. It is not taught to us by our culture or even encouraged. Yet it is a very powerful tool and not difficult to learn. The chapter will teach you how to begin to learn self-compassion and why it is important to do so.

The Power and Grace of Self-Compassion

Self-compassion is a term many of us have heard, but few of us truly understand and practice. It is not taught to us by our culture or even encouraged. Yet it is a very powerful tool and not difficult to learn. I have been a practicing therapist for 25 years and doing my own personal healing work for even longer. I have worked hard to develop a positive relationship with myself. However, it was not until I began studying and practicing “Self-Compassion” these past two years that my deep healing and transformation truly began.

I am a recovering perfectionist and ‘achieve-aholic.’ My success came from hard work and lots of it. I was constantly driven and not able to truly appreciate or savor my accomplishments. Although I have been receiving spiritual mentoring and practicing meditation for many years, I was still quite self-critical with unrealistic expectations for myself (and others). I was relying on my “masculine strengths” to achieve. I was very controlled, structured, driven, and mentally focused. Self-compassion has helped me tap into my “feminine powers”. I am able to be more nurturing, creative, receptive, and heart-centered. It took my body going into serious trauma to wake up and truly see the damage of my Type-A personality style.

I have learned to listen to my body and my heart: what powerful teachers they can be. I listen to my energy. I sense into to my pain, physical and emotional. I notice tension and I notice ease and flow. I am more in tune with my inner voice, my intuition, and I pay attention to the messages of my gut. I now know that I can be kind and gentle to myself and still stand for excellence and self-growth. In fact, it is easier now that I am compassionate towards myself.

So I ask you, why is it so easy to be compassionate to others, yet so hard to be kind to our self? Old programming really. Our cultural training, our Christian tradition, teaches us that it is good to think of others and selfish to think of ourselves. We believe that self-compassion is weak, that it is self-indulgence, or even self-pity. We fear we are letting ourselves off the hook when what we really need is harsh criticism and self-judgment to motivate ourselves to change and just pick ourselves up by our boot straps and carry on. Please recall that *Jesus* tells us to “**Love our neighbor as our self**”. This assumes we love our self. Yet we rarely do.

Self-compassion is an emotional response to our own suffering. It is a gentle and understanding reaction to our mishaps, mistakes, and painful life experiences. It is soft and calming. Self-compassion is about embracing our life experiences, whether positive or painful. I believe everything happens for a reason, so let me learn from even the tough incidents.

Self-compassion is a recognition of our common humanity: our imperfections, the things that go wrong in our life, are all part of our shared human experience. Life has pain and everyone experiences it. We are not uniquely flawed or the only one experiencing deep suffering. Anything we have experienced, someone has experienced before. We are not alone.

Self-compassion is also an act of mindfulness, a turning toward our painful emotions and a willingness to sit with them. It is not stuffing our feelings or trying to intellectualize them away by going straight to problem-solving mode. It is not over dramatizing our feelings, nor becoming overwhelmed by them. It is a deliberate, conscious choice to observe with interest and curiosity how our emotions activate sensations in our body (a tightness in the chest, a boiling in the belly) and what information they give to us. Self-compassion is heart centered and tender. It is powerful and very personal. I like to visualize the self-compassion process as the **Loving Parent** in me nurturing the **Vulnerable Child** within.

To get a quick sense of what I am talking about, do this exercise. Sit comfortably in a chair. Close your eyes and slow down your breath, sensing into your body, in space, at this moment. Then gently place your hands, crossed over one another, on your chest, over your heart. Notice the feelings and sensations that this creates... This is a heart hug, a simple act of self-compassion.

The research is very consistent (check out the website of the work of Dr. Kristin Neff, or read her 2011 book “**Self-Compassion**” for more detailed information). Self-compassion increases emotional resilience and decreases anxiety, depression, stress, and perfectionism. It makes one less afraid of failure and more willing to take risks. Self-compassion is related to happiness, optimism, life satisfaction, and self-confidence. People who practice self-compassion are more willing to take responsibility for their mistakes and more willing to apologize for them. People who practice self-compassion are more likely to exercise, stick to diets, quit smoking, and cope well with chronic pain. **Are you convinced yet?**

Here are three ways you can begin the practice of and commitment to self-compassion:

I. Basic Self-Compassion Exercise *[adapted from Neff (2011)]*

This method uses the 3 components of self-compassion: Mindfulness, Awareness of Our Common Humanity, Kindness to Self.

When feeling stress or emotional pain: Close your eyes. Think of the upsetting situation. Rather than going into the storyline, notice what you are feeling, notice where your body is activating, holding the emotion. Mindfully focus on that area of the body and notice the qualities of the energy (e.g. is there a size, or shape, color or weight, movement or texture). You can try to label the emotion (anxiety, anger, etc.), but it is not necessary. Take a few deep breaths. Put your hands over your heart and repeat these phrases until you feel calm. End your practice with three deep cleansing breaths before you open your eyes.

***This is a moment of suffering
Suffering is a part of life
May I be kind to myself
May I give myself the compassion I need***

Feel free to make the wording more personal: “This hurts”, “Pain is a part of life”, “May I accept myself as I am”, “May I forgive myself”, “May I learn to accept what I cannot change”.

II. Daily Practices:

These next two exercises can be used daily to cultivate feelings of compassion and loving kindness for yourself. They can also be used like the above exercise in times of stress or self-judgment. Find a quiet place to sit. Close your eyes, take a few deep breaths to center yourself, place your hands over your heart and repeat these phrases until you feel calm. End your practice with three deep cleansing breaths before you open your eyes.

Try practicing one of these exercises for five minutes daily. Try it in the morning to start your day or practice it as you lie in bed waiting to fall asleep.

A. **Loving Kindness Practice** [from Neff (2011), pgs. 203-205]

May I feel safe

May I feel peaceful

May I be kind to myself

May I accept myself as I am (or my life as it is)

B. **Ho'oponopono** (Hawaiian spiritual technique, www.wanttoknow.info)

I love you

I'm sorry

Please forgive me

I thank you

Like any new skill, mastering self-compassion will require lots of consistent practice and patience. If you are used to negative self-talk and self-criticism, it will take time to reverse this old pattern. In fact, you may even experience back draft in the beginning, a more fierce presence of negative self-talk. This is normal. This is ego trying to maintain control of your behavior. Simply except it as part of the learning process and give compassion to the ego for its fear of letting go. Let your Higher Self guide your Ego (which is based more on old mental habits and fearful core beliefs than the truth in any situation). Your ego wants to protect the status quo, while your higher self wants you to expand into your personal greatness. Go for the greatness!

As you delve into a steady practice of self-compassion you may discover that your heart center is expanding, that you can be more tender with yourself and others. You may find yourself more aware of your negative thinking patterns and begin seeking ways to challenge these negative beliefs. It is quite possible that you will become more skilled at affirming yourself, choosing positive, deliberate self-talk vs. the negative self-talk that runs on auto-pilot. Turning inward can begin to feel natural and healthy, rather than scary and foreign. You may discover, deep within you, a yearning and passion to develop a loving, honoring relationship with yourself and truly believe it is possible. I know because I am experiencing this and if I can, you can too! (By the way, I teach this to all my clients and it really works for them as well.)

Although self-compassion is a self-care skill and a personal practice, don't be afraid to ask for support in your learning journey. Tell others what you are up to and even share what you are learning. Teach them the self-compassion practices to help you integrate your own skills. If you get stuck, if that negative self-talk is creating pain and overwhelm, don't be afraid to seek professional guidance. We all deserve a helping hand and your health and well-being deserve your time and attention.

I thank you for your kind attention to this topic. I leave you with this this grace filled message. Peace to you always.

Forget About Enlightenment

By: John Welwood

Sit down wherever you are,
And listen to the wind singing in your veins.
Feel the love, the longing, the fear in your bones.
Open your heart to who you are, right now,
Not who you would like to be,
Not the saint you are striving to become,
But the being right here before you, inside you, around you.
All of you is holy.
You are already more and less
Than whatever you can know.
Breath out,
Touch in,
Let go.

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<http://self-compassion.org/>

Diane Garrison, Ph.D.



I am passionate about empowering you to create profound change and personal evolution!

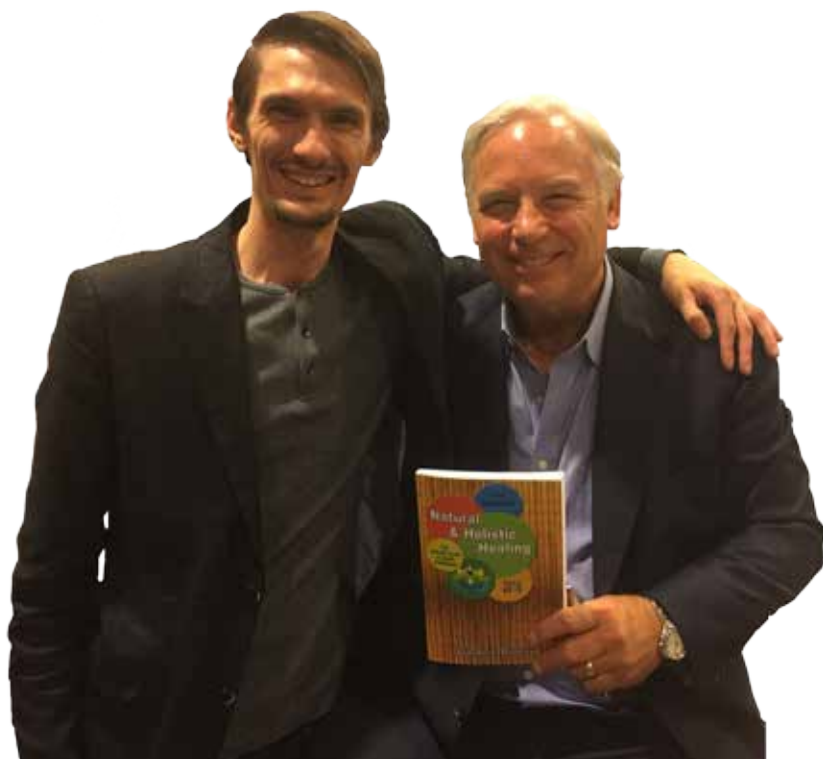
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Rich Perry is a coach, corporate trainer, author, and entrepreneur. He was invited by Jim Britt and Jim Lutes to be a co-author in *The Change*, the fastest growing personal development book series in the world, and currently serves as co-host for *The Change Book Radio Show*. His gift is in his ability to relate to each person and take the client on a hero's journey by integrating both conscious and unconscious performance to create a lasting and powerful change. Rich works with entrepreneurs and leaders who want to make a difference in the world.

The Silent Torchbearer

We all have the ability to inspire others and lead them from the darkness but first you must find that guiding light within yourself. Holding the torch means taking the responsibility of walking in front and leading the group through unfamiliar and sometimes difficult territory. Only the courageous are willing to step into this role and it takes a steadfast individual to truly fulfill its duties. Find out if you have what it takes to be a torchbearer and learn how you discover the gifts the world is waiting for you to share.

The Silent Torchbearer

What do you envision when you think of a torchbearer? Most likely you picture a person holding a long flaming stick. Perhaps you even elaborated the vision by placing the person deep within a black cave, about to traverse unfamiliar or treacherous terrain at night, or journeying among a group of mystics to a sacred site in order to perform an ancient ceremony. In any case, the torchbearer is the person whose duty it is to light the way for others because without this source of illumination the group would be left to fumble and struggle through the darkness.

It is my belief that we all have a divine inner glow waiting to radiate brilliance out into the world and by no means do I pretend to be alone in believing this to be true as it's commonly shared by countless peoples from various traditions around the globe. As you're reading this book right now, more than likely, you too share this idea. Maybe the reason you chose this book is because you've been feeling a burning sensation in your chest, eager to fuel the fire and figure out how you too can light the way for others as a holistic practitioner, coach, or speaker.

Find Your Inner Glow

The vast majority of people around the globe truly do want to live a meaningful and fulfilling life and contribute something of value to those closest and society as a whole. It's in our nature to connect with others and want to be of service. The main differentiator is whether the person is willing to look within and find their inner glow so that they can begin to light the way for others.

If you're just setting out on this journey then I would encourage you to begin with honesty. What is it about you that lights the room and how can you contribute to the lives of those around you? We all have wonderful qualities about us, however, far too many people keep their abilities hidden and locked away for fear of scorn or criticism. Still others refuse to do anything simply because they doubt their abilities and don't believe that they are enough to make a difference.

***“If you think you are too small to make a difference,
try sleeping with a mosquito”
- H.H. the 14th Dalai Lama***

Finding your true inner glow means uncovering a magnificent gift that you can freely give at any time, over and over again, without depletion. You need only find your personal glow. If you don't know what yours is or the answer is still hazy then simply stand in front of the mirror and ask yourself sincerely and openly. There's going to be one answer that stands out above the rest but if you're back and forth between a few choices then write them down on a piece of paper and repeat each one out loud paying careful attention to how it feels when you say the words. Eventually you'll notice that certain choices create a powerful feeling while others are much weaker so cross those off the list, whittling it down until you have the one that rings true for you.

Holding the Torch

Once you've discovered your gift it's decision time. You must choose whether or not you want to commit to this new course. The choice is yours and yours alone but you must be willing and ready to make the full commitment or stay where you are in life.

During my youth I was very active with the Boy Scouts of America and within the organization is an honored brotherhood known as the Order of the Arrow, which is basically the National Honor Society for Scouts. The Order of the Arrow recognizes those Scouts who demonstrate the ideals of Scouting to the highest degree and utilizes Native American traditions and ceremonies within the society to further encourage chief ideals.

To keep with the nature of the program the initiation and recognition ceremonies are held during special camping trips privately at night and fires and torches are used to add to the mystique. Some camps even have sites used exclusively for these ceremonies so that newcomers are brought into unfamiliar regions, of an otherwise familiar camp, having only the light of the torchbearer to guide the way.

New initiates usually play the part of the torchbearer because it's a non-speak-

ing role of the ceremony however that doesn't mean it's any less significant. In fact, the role has tremendous symbolism and responsibility as it places a Scout in the position to guide a group of his peers through the woods in the darkened night holding a flaming torch. (Don't fret moms and worrywarts because proper fire safety is practiced.)

Similarly, as you journey this bright new path you're sure to find responsibility and privilege in sharing powerful insights and tools with those who are just beginning. The idea of *each one teach one* holds that we should all do our best to educate, empower, share, and serve others who could benefit especially those who may be less experienced.

This idea was also instilled in me during martial arts studies. Classes were instructed by the *sensei* (teacher) but students were encouraged to seek additional guidance and mentoring from those directly above them in rank. This practice is mutually beneficial because the lesser rank student receives extra support in learning and the ranking student gains the benefit of reinforced learning through teaching the technique, which creates a win/win situation.

It might be in your best interest to adopt this practice and share with others as you acquire new skills and insights because it will help you to relearn the information and strengthen your understanding and grasp of the material. We learn by teaching.

Commitment to Your Cause

This is most important because it will differentiate those that are truly serious from those who are just hobbyists or seminar junkies. If this is your path then you must walk it with full conviction. Being a torchbearer means that you are absolutely committed to the duty. This isn't simply a task to be performed when it's convenient. Either you're willing to unconditionally give yourself to the role or you're just interested in trying something attractive.

We all know those people, the ones that flock to seminars and workshops ready to shell out money and get a brand new fix or stimulation but never willing to dive deep into the rabbit hole and journey within. These individuals love samples, free trials, and test drives but that's as far as they'll ever go, which is okay for them. That's why all-you-can-eat-buffets will never go out of business in

America because people love to pick and choose and get a little taste of everything without having to fully commit to making a decision.

Think about someone you know that fits this description. Do you really want this person's advice in anything? Sure s/he might be a jack-of-all-trades but, considering the second part of the saying, this person is probably not the ideal candidate to guide the journey that will define your life. That being said, as a torchbearer people will be placing their trust in you and your expertise. Don't they deserve the best service and direction possible?

Being committed means actually doing it verses trying to do it. The world doesn't need any more samplers or triers; it needs more doers. Once you know your passion and you've found your glow then do it. Don't touch your toes to the water or gently wade in because you're afraid to get hit by the waves. Jump right in! Feel this new world around you, experience it, and embrace it. You owe it to yourself and others to be fully dedicated to this way of life.

Commitment also means following through with a particular course of action and doing it to the best of your ability. You don't have to be the best but you do have to do your absolute best. There's a big difference. Don't concern yourself with being perfect or stay in the shadows until you've reached elite status because far too many people fall short of their perfectionist aspirations and then they give up for failing to live up to their unrealistic expectations.

The true and loyal torchbearer takes this pledge knowing that there might come a time when a spark or ember will fall from the flame, landing on skin. This will probably burn you for a moment. You'll experience this in the form of hard work, sacrifice, and having to do the things that you don't necessarily want to do in order to achieve the desired goal. Do you have the tenacity to stand strong devoted to your personal obligation? Hopefully you do. Remember, anything worthwhile requires a sincere and steadfast decision plus matching effort and follow through to the end.

And They'll Say You Changed

Now here is the portion of the story that most people won't acknowledge however I feel it would be a great disservice and deception through omission to leave it out. As you position yourself to guide others through unfamiliar ter-

ritory journeying towards an unknown destination, you might be questioned or criticized by those in your charge. In fact, if you're doing your job properly then you'll surely experience resistance from peers. It sounds odd to say but it's true.

Most people fear change and would prefer to stay in the safety of their comfort zone. While they might initially show interest or intrigue, eventually they will question or criticize whether you know what you are doing, which is why a deep personal level of commitment is so important because you must remain strong during this period. Let your actions and perseverance be your response. This is another reason, symbolically, why the torchbearers in our Scouting ceremonies were silent roles because the guide's duty was to lead his peers by illumined action to the promised destination.

As you walk this new path, those closest to you might even accuse you of not being the same person anymore and say that you've changed. Well... good, because you have changed! Take it as a compliment and thank them for noticing. This is where the majority of people fall short because they all want the status of being a torchbearer in moments of glory when accolades are being dished out but not when hardships arise. For better or worse, it only makes sense that when times are darkest, people will turn to those with the light for the answer. The triers, seminar junkies, and jack-of-all-trades type individuals are usually the first to shy away from responsibility because they know they aren't willing to make a true comment to a chosen path. It's much easier to walk behind the light hand in pocket than it is to stand tall holding the flame high enough for all to see.

The Lighthouse

In antiquity people would signal ships with raised fires and for hundreds of years these lighthouses served as entrance markers guiding mariners to port. Before clearly defined seaports were established, and long before modern navigation systems, the ships needed a way of not only identifying land but having a way to safely come to harbor and an elevated light source was the answer. Just as these fires lit up the sky welcoming ships to come in for needed supplies or trade, you too should be a source of light for those you encounter in life. Of course not every passing ship will choose to dock and some might only stay for a brief amount of time but this still holds a wonderful opportunity to connect

and exchange with like-minded individuals.

Keep in mind that the lighthouse didn't use flashy signs begging crews to come in nor did the attendant physically bring the ship in doing the captain's job for him. Everyone has his/her job and each job maintains designated responsibilities. You would do well to know your unique duties and commit to doing your absolute best at all times. Now is your time to be the beacon of light for others who are searching.

Light the Way

We can all be torchbearers in our own way. It only takes the decision to do so and the commitment to adhere to the responsibilities of raising the flame. How can you serve others and light the way on the journey ahead?

If you've ever had to light a series of candles then you know that you only need one match because once the first candle is lit you can use its flame to ignite the others. Your words and purpose can be the spark of inspiration for those in your community while your actions guide them in finding a more fulfilling and prosperous life.

Be the torchbearer for the next person in line and a leader for those who follow you.

Richard Perry



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Benjamin Tyler



Benjamin Tyler is creator of the Unleash Yourself Program and Client Enrollment Academy. Uses a combination of techniques and practices, he has helped people around the world stand in their power and create lifestyle friendly businesses.

Benjamin's primary focus is helping coaches and practitioners enroll more clients into their programs and retreats.

Struggling to acquire clients when he began his first consulting practice, Benjamin almost gave up on his dreams of being an entrepreneur. Through mentorship and testing out numerous marketing strategies, he was able to learn how to attract more clients and enroll them into his programs. He now shares those strategies with others.

The 3 Components of Authentic Confidence

Everybody could use a little more confidence in their lives. Living in a time where we are surrounded by outside influencers, it has become hard to stand in the authenticity of who we are.

Searching out a solution to his own feelings of inadequacy, Benjamin Tyler struggled to find real solutions to standing in who he was. It wasn't until he used the mind-body-spirit approach and immersed himself in holistic practices, that true confidence was unleashed.

Benjamin shares the three most important components that has changed his confidence and approach to living life.

The 3 Components of Authentic Confidence

For years I struggled with figuring out how to bring empowerment in my life. I was riddled with a fear. Fear of rejection. Fear of failure. Fear of being exposed as an imposter.

Sick of living a life where I felt imprisoned by my own inaction, I began exploring what it was that allowed some to be the controller of their lives and others to play victim.

It led me down a rabbit hole of information.

There were the common slogans like, “Just take action,” and “Fake it till you make it.” While these sometimes worked, it didn’t get to the heart of what I really wanted. That was to be comfortable with who I was so that fear was no longer an obstacle I had to overcome.

I knew I had to dig deeper to find the empowerment that I was looking for. Through that process I discovered three things that have allowed me to stand in the power that I have today.

Are You the Master of Your Thoughts, Or Do Your Thoughts Master You

Do you realize how many thoughts go through your brain the second you wake up to when you go to bed? Experts say the average person has around 60,000 thoughts every day! Got it? 60,000!

What’s troubling is 80% of these thoughts are negative. These thoughts drain your motivation, cause you to live in fear, and make it impossible to be confident. I wish the bad news stopped there, but it doesn’t.

To make matters worse, 60% of those 80% negative thoughts are recurring. Meaning 28,800 negative thoughts are replayed in our mind on a daily basis. They hold you hostage and torment you while extending no mercy. See the problem?

It's obvious you're going to struggle with confidence when your brain is holding you prisoner throughout all hours of the day. When you're enslaved to your thoughts, you literally train yourself to be insecure—whether you recognize it or not.

Your self-talk is the opposite of confidence and looks like this:

“I can't lose any weight this year. I always will be overweight.”

“I didn't get a raise because my boss thinks I'm a loser. He's probably right.”

These negative conversations in your brain become self-fulfilling prophecies because your thoughts hinder you from thinking and acting in the way you desire. That leads to more negative thoughts, and the cycle goes on. You will never feel confident this way.

The only way to be confident is to master your thoughts.

You need to question every negative thought that crosses your mind. For example, if you have the thought that you'll never lose weight, immediately challenge this negative thought with reasons why it's wrong.

Reasons could include you haven't bought a gym membership and once you do you'll lose weight, your kitchen is filled with junk food and all you need to do is buy healthier food, you can pack lunch instead of eating fast food, or maybe your weight is just fine and you have an incorrect view of what's healthy because of Hollywood.

All of these reasons challenge the idea that you're always going to be overweight, while at the same time give your brain positive thoughts to move forward with. You've stopped being negative, so your brain can focus on getting a gym membership, buying healthier food, or packing lunch for work.

That's how you master your thoughts and become a confident person. It comes from choosing to think positive and eliminating negative self talk.

Your Mind Creates Your Belief System, Your Body Creates the Power

Your mind is a battlefield that produces negative beliefs and insecurity, or positive beliefs and confidence. And this is a choice, as Abraham Lincoln said, “Most folks are about as happy as they want to be.”

However, how you take care of your body determines how easy or hard it is to master your thoughts. Because your body needs energy to have the power to challenge negative thoughts. Without treating your body the right way, you’re unable to reach your highest mental state.

Take, for example, the positive effect eating healthy has on your belief system and feelings. Not only will you feel good that you made the right choice in what you ate, your body will also reward you with a boost in energy. Instead of hitting the afternoon slump, you’ll feel great and have energy to tackle the rest of the day.

You can also choose to sit on the couch all night beating yourself up about not working out. Or you can choose to work out. By exercising, your brain releases endorphins that produce happy and powerful feelings. It’s a choice, and confident people choose to exercise.

Same thing goes for getting enough rest. Your brain will be fatigued and have less energy to challenge negative thoughts if you’re consistently running on five hours of sleep.

Bottom line, someone who eats junk food, hasn’t worked out in years, and is sleep deprived, has no one but themselves to blame for their lack of confidence.

Your body and mind work together in this pursuit. So the power to stand in your confidence has just as much to do with how you treat your body as it does your mind.

Spirituality Creates Your Trust

Mind and body, is that it? Confidence isn’t just about positive beliefs and action. There is one last component: trusting your abilities, trusting the process

of failure, and trusting that no matter what happens in the moment that you will survive.

Trust comes from understanding there is something greater than you. You can't control any aspect of life besides yourself, so don't get bothered by it.

When you're challenged in your professional or personal life, don't look outward to blame or make excuses. That won't accomplish anything but negative thoughts and feeling helpless. What will create a positive effect is how your spirit responds.

This is why confident people look inward to see what positive action they can make, and then trust it will be for the best.

For example, if you're a business owner, realize you can't control your competition, your customer's decisions, state laws, or the global economy. But you can influence your company culture and striving to create the best product or service in the market, so put your spirit into that.

Once you give into this notion that you can only control yourself, you stop caring about the immediate external results and trust the process of action.

That spirit is how you unlock confidence regardless of present circumstances, which frees you to give all of your energy and focus in the present moment. You know that what matters most is how you feel and act in the present, not what's happened to you in the past, is happening around you, or may happen in the future.

Confident people trust that their worth isn't based on external circumstances, trust the process of life, and trust themselves.

Confidence comes from winning over your thoughts, taking care of your body, and having a trusting spirit.

Benjamin Tyler



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Deborah Crowe



*“Work Life Balance is not a trend,
it’s a lifestyle” - Deborah Crowe*

As the CEO of a successful medical case management practice for 23 years, I recognized the growing need for further supports for professionals and families dealing with catastrophic illnesses and the need for stress management. Leading with this new vision, I have evolved into a Work Life Balance Specialist and I’ve created a model for revitalization, stress management, and leadership success. I provide coaching to women, men, and couples and I absolutely enjoy working with companies (small to large) to assist with their EAP programs and work with their HR department to reduce and eliminate short-term disability claims and get the balance back to employees and be the mediator between the employer and employee. My ultimate goal is to get ahead of the curve and educate employers about the importance of work-life balance so that employees do not become so stressed, receive a medical diagnosis and go off work on short-term disability.

I’ve Found the Unbalance

Work-life balance is a term that has been used so much it has now stressed out everyone. Join me as we dive into the unbalance that life can bring us. Start thinking about Work-Life Fit. Integrating your two world - work and home. It can be done and I am living proof. Life will hand us situations that automatically put us into ‘ebb and flow’ mode and it’s being able to handle the stress and exercise resilience. Boundary management also helps you exercise Work-Life Fit and coupled with emotional resilience - you are armed with anything that comes your way.

I've Found the Unbalance

I live in a beautiful city called London, located in a breathtakingly beautiful province called Ontario and a country I am so proud to live in Canada.

Each day I awake with a mantra to “be a miracle”. This allows me to start my day with gratitude and be the best version of myself and always serving others any way I can.

As a member of my community, I volunteer at St. Joseph's Hospice. This experience on a weekly basis honors my soul as it's a true gift and quite frankly a privilege to be part of someone's life when they reach the stage of palliative care.

Recently, I completed a six week course on grief and bereavement. A small glimpse into the world of Thanatology. During the course we were often asked how many times our friends and family would say things like, “How can you volunteer there, isn't it depressing”. Each week I ruminated on this question and it certainly evoked many different emotions for me.

Then...the AHA moment occurred....

This is the true representation in all our lives. This is the **'unbalance'**. Trauma, loss, death, injury.... we are not born with the innate ability to just “deal” with these things. They come unexpected and everyone reacts to them differently.

As a medical case manager for over 23 years, I witnessed how the human spirit reacts to such loss. Some people cry and are inconsolable, others laugh (as a nervous reaction and their inability to know what to do), and some people keep themselves so busy that they describe it as a “numb” stage and the barrier to allow them not to “think” or “feel”. My point is we, as human beings react to loss and trauma in many different ways.

The **'unbalance'** occurs as sometimes we cannot get ourselves back on track. There is no time lineage. I have seen and heard many times someone say, «Well it's been two years, surely you're over this by now» or my favorite comment is «I can't believe they have moved forward, as (person who has passed) has only been gone for a year».

In our course, we were taught some beautiful strategies such as:

1. Not to judge, to just allow
2. Not to speak, to just listen
3. Lean in and show your genuine ability to care
4. There is no time lineage, it's a journey of healing
5. Silence is sometimes the best strategy
6. Crying can be a cleansing for the soul
7. Many emotions are shown, allow what is to be
8. Each support group will vary
9. Allow your loved one the space they need
10. Be present in all capacities (physical, emotional, spiritual, psychological)

So, I ask that the next time you or someone you love experiences a loss or trauma, embrace the 'unbalance' and allow what is to be.

The takeaway this week is that sometimes you have to embrace the 'unbalance' for a period of time that is unknown. The good news is work life balance always returns when the time is right.

Donate or volunteer for your Hospice if this resonates with you on any level. It's life-changing: <http://www.sjhospicelondon.com/>

Deborah Crowe



If this chapter resonates with you, let's chat about helping you integrate and sustain Work-Life Fit

www.debcrowe.com

<https://twitter.com/LetsGetBalanced>

<https://www.facebook.com/deb.crowe/>

Jason Gonzalez



Jason Gonzalez was born and raised in Milwaukee, Wisconsin. He studied art at the Milwaukee Institute of Art and Design and theology at Saint Louis University. For the past eleven years he has taught classes on Mindfulness, Social Justice, Non-violence, Death & Dying, and Morality as a high school teacher. Jason is also a business owner, non-profit founder, retreat leader, and spiritual director/guide.

Rocketed To The 4th Dimension

Spiritual bankruptcy led Jason Gonzalez down a path of destruction and chaos. Then, in 2008 he was introduced to a process of intense self-searching, the leveling of my pride, and the confession of his shortcomings which led to his freedom by bondage. Now, he is the founder and executive director of 4th Dimension Sobriety; a sober living home in Milwaukee, WI.

Rocketed To The 4th Dimension

Here are the basics; I was born and raised in Milwaukee, Wisconsin (a proud Riverwest Native). I studied art at the Milwaukee Institute of Art and Design and theology at Saint Louis University. For the past ten years I have taught classes on Mindfulness, Social Justice, Non-violence, Death & Dying, and Morality as a high school teacher. Honestly, those subjects are just my vehicle to try and inspire young adults to live creative and engaging lives. Most of the time they just think I'm nuts; but hey, I'm trying. Also, I'm a business owner, non-profit founder, retreat leader, and spiritual director/guide. Oh, and I'm an alcoholic. Don't worry, I'm not actively drinking anymore. In fact, I've been sober for 8 1/2 years. However, my current sober state doesn't make up for years of broken relationships, countless lies, and horrendous actions.

My alcoholic story is not unique. It is engulfed with misunderstandings, fierce resentment, financial insecurity, disgusted friends and employers, warped lives of family members, and sad parents. I tried time and time again to prove that I could drink like other people; but, every attempt led to another failure. My own pitiful existence was incomprehensibly demoralized. No matter what, I couldn't stop. I was hopeless.

One time, in my early twenties, I got kicked out of an anarchist community for my drinking. Rather than stopping, I decided to get an apartment in North City Saint Louis that cost 200.00 a month. I had no heat, little furniture, and my apartment was a disaster. My days were devoted to creating art and drinking. Well, actually, I did more drinking than creating.

Then, one day I got a call from someone who saw my artwork. He wanted to interview me for a job as a mural artist. The job started at 34.00 an hour, and there were opportunities for commission work. So, I got my portfolio together, threw on my only collared shirt, and set off to land my dream job.

The interview went well. He loved my work. Towards the end of our meeting I was filling out paperwork for employment. Then, before we could finalize my employment he gave me a blank canvas. It was a formality for all applicants to complete a simple assignment. All I had to do was paint something I thought would look good in a millionaire's home. I asked if flowers would be acceptable, and was given the green light to move forward. I was excited and con-

fidest because I had painted flowers in the past; it was an elementary assignment, and I knew I could do it. Besides, the guy told me I already had the job. He just needed me to complete the painting as a formality.

On my way home I figured I would get some wine. Generally, I'm a rum kind of guy; but, seeing how I was going to be rich, I figured wine would be a good choice. I remember coming home, taking out my art supplies, pouring a glass, and starting the painting. The next thing I know, three days have past and the painting didn't resemble flowers. Then, I remember stopping at a gas station to get more wine to shake my nerves before the second interview. Needless to say, I did not get my dream job that day.

In my experience, I have come to learn that my body reacts differently to alcohol than in the average drinker. When I start drinking, something is sparked, and all I can do is drink more. In fact, when alcohol is in my system, that becomes the most important thing. Satisfying that craving is more important than my family, my living situation, and even my hopes and dreams.

You would think that horrible experiences would make me stop altogether. Remember, that happened in my early twenties. I still had years of drama and chaos to experience. I have stories of hurting family member, hurting significant others, losing jobs, close calls with the law, and the list goes on. However, those high drama stories are not what makes me an alcoholic. What makes me an alcoholic is when I drink alcohol, something is sparked inside of me, and I can't stop no matter who or what is in front of me. Also, when I am able to stop for a small period of time, my mind is consumed with the idea of drinking. There is no peace. No serenity. Nothing but internal torture based on self.

One day, in early June, right after the Locust Street Daze festival, I had a thought, "Everything I ever wanted to do will never happen...and in fact... everything from this day on will get a hell of a lot worse." I knew I had to stop, but I didn't know how. So, I looked for answers and I found a community of people who have suffered and recovered from alcoholic torture. This was the beginning of a process that led to a vital spiritual experience which revolutionized my whole attitude towards life, people, and the Spirit of the Universe. My experience, albeit gradual, was peppered with moments of clarity that transformed my personality and outlook towards life. This process was simple, but it required that I set aside life-long conception that had been the guiding force of my life for years. Logistically speaking, I used prayer, meditation, a method of self-reflection, and a strong community. It sounds easy, but intense self-search-

ing, the leveling of my pride, and the confession of my shortcomings was not a “feel-good” experience. Believe me, this was not self-help “feel good” BS. Also, it had nothing to do with religion. The easiest way to put it is that I accepted spiritual guidance from a community of recovered drug addicts and alcoholics that connected me to the Great Reality. I now have a sense of direction and power flowing in and through me. For once in my life, I AM FREE.



In 2012 I had the idea to create a community for people who were seeking the same experience I had. A place where they can live, learn, fail, and recover while re-building their lives. A few months later, using my own house and my teacher salary, I opened 4th Dimension Sobriety.

4th Dimension is a non-institutional sober-living house located a few blocks away from the house I grew up in (Riverwest). My objective is to provide a safe and secure community for men, 18 and up, who seek a life free from drugs and alcohol. The essence of 4th Dimension is rooted in community, service, and the Spirit. Residents communally live, and work, with one another as they build a firm foundation for a life of happiness, peace, and usefulness.

Our home is like any other home, the only difference is that we have rules, structures, and support that help individuals build a life that is incredibly more wonderful than the life they once lived. We provide a temporary living space for a person to get their life back on track, while they learn how to stay clean and slowly transition back to everyday life.

We are NOT a halfway house. We are a community of men searching for peace, serenity, and connection to our True selves. Also, we are NOT a rehab center or treatment facility. We are a community that offers safe housing for those who seek sobriety. But most importantly, we have a culture of courage, truth, and hope as we walk a path of happy destiny.

[4th Dimension](#) has become much bigger than me. Recently, on 1.1.16, with help from 4D Alum, we opened a woman’s house. This house would not exist if it were not for the efforts of three 4D alum (4D Elders). I have been given the

privilege to watch these men grow in front of my eyes. From trembling wrecks, they now stand just as free men should. Honestly, they are as fine a specimen of manhood as one could wish to meet. One guy has been with me from the start. In fact, he is standing up in my wedding this December. 4D would not be where it is today without him. Another guy bought the house for the girls. He is moving from his home in Madison to help develop the next phase of 4D. That shows real commitment! Finally, the third guy is taking on the role as manager, mentor, and mediator. I wouldn't trust the house in the hands of anyone else. The guys who come to the house have a real role model to look up to; they are really lucky. Oh, and I can't forget the 4D-Woman's (L4Dies) manager. She's a no holds barred bad-ass, with the care of a loving mother. She carries a message of depth and weight and is truly someone these girls can look up to. Finally, there is my fiancé. She has been there from the start; back when 4D was just a thought. 4D is as much her's as it is mine. She has been an integral part of 4D's creation and growth. I am truly lucky to have her support and to be able to share in this experience with her. Words can't expressed how blessed I am to have these 5 people in my life. It is pretty safe to say that the Spirit is looking out for us.



I still can't believe how much [4D](#) has grown in the past few years. What started as a thought in my head, has now taken a life of its own. We are a living organism, like a community should be. I have no idea what is next for this movement...but I don't think it is up to me. Something much more powerful is guiding us; and although I might lead, I definitely don't choose what is in store for us.

Jason Gonzalez



To donate, join, or learn more about 4th Dimension Sobriety visit us at www.4thDimensionSobriety.com

<https://www.facebook.com/4thDimensionSobriety/>

David Fife



David Fife L.Ac. is a fully-qualified acupuncturist, certified by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM) in the United States, licensed in the State of Wisconsin, and practicing at Lake Country Acupuncture. After graduating with honors from the London College of Traditional Acupuncture in 2005, he went on to study at the Traditional Chinese Medicine Hospital in Hong Zhou, China. He also had the opportunity to study with renowned masters of ancient Chinese healing and martial arts all across China. David Fife has personally treated over 10,000 patients in the greater Milwaukee area, and has been a certified acupuncturist for over 10 years.

Acupuncture and Health: All Systems Go!

In his chapter Acupuncture and Health Acupuncturist David Fife explores the concept of function in one's wellness. He explains how we are not just a lump of symptoms but rather our disease processes are as a result of system malfunction. He goes on to explain how effective acupuncture can be to stimulate the body's own internal healing capacities. David explores the reason for different disease processes developing and what can be done to prevent them in the first place and reverse them once they have developed. David shares some of his own clinical experience and urges that the reader explores it for themselves.

Acupuncture and Health: All Systems Go!

When we think of medicine in this country we immediately think of illness. Granted, we cannot have a remedy without a problem, but our minds have been carefully conditioned to consider medicine as a means of treating a disease and not one of maintaining and stabilizing health. One cannot be blamed for this. We are constantly bombarded with articles and advertisements about the next revolutionary drug and we are encouraged to suggest to our doctors the prescription that they should be giving us. How many times have you heard, “Ask your doctor about... Lunesta, Abilify or Humira as an example? It seems commonplace in our world. If I have this symptom then I'd better take this drug to treat that symptom. Logical right? Point A to point B. Or is it? Maybe, just maybe we are looking at medicine and healthcare in a very rudimentary and linear way. What is truly behind our health and our wellness? What do we need to truly stay well? What is the right medicine? Furthermore, what is the right mindset to have?

Our bodies are quite miraculous. They are constantly healing and replenishing themselves in every way shape and form. The health problems we develop almost always are because of a malfunctioning in a system or systems that otherwise function normally. This “disease process” can happen for a number of different reasons. In the paragraphs ahead I will highlight some of the reasons our bodies can malfunction, what we can do to reverse these negative changes and more importantly how we can maintain our well being.

Imbalance is something that seems to prevail in this world. There are so many ways we can become imbalanced and subsequently unwell. In Chinese medicine we believe there are both internal and external causes for one's imbalance. The internal causes are those of the emotional responses to certain stimulus in our environment. What we call internal pernicious influences. They can range from anger and resentment, jealousy and worry, to being overly excitable or easily startled and chronically fearful. These emotional responses are imbalanced when the system that generates them is imbalanced. If we have a poor lifestyle, are constantly stressed, eat empty or processed food and constantly surround ourselves with trying situations we will weaken the foundation that our body and minds rely upon in order to healthily respond to environmental stimuli. So the key to conquering imbalance and disease is to nourish the source. A medical practitioner cannot take stress away but we can certainly

guide an individual in the right direction to build up resistance to stress and respond appropriately to it.

There are also external influences. These range from the food we eat and what we drink to the very nature of our surroundings. From our environmental climate to the people we surround ourselves with as well as how we organize our household. Again, the stimulus can be adjusted and that is part of the whole equation but we need to strengthen our resistance to these stimuli in order to prevail. In short we need to have optimal system function in order to deal with life. Otherwise it will generate illness and survival will be in peril.

Our bodily organs control our bodily function. Health is only possible when all of our organ systems are functioning properly. Other than trauma, illness occurs for two reasons. One is because we are susceptible to illness. If our functional defense is down we are open to invasion. The second reason is functional loss. When a system is not functioning well, then it cannot deal with what is required of it well enough to sustain health. Therefore it is of the utmost importance that we maintain and sustain bodily function and feed our defense systems to maintain health. So the question is, how do we do this?

Simply, we give our bodies what they need.

That comes with the obvious fundamentals for good health. A whole-food-based, well-rounded nutritious diet, avoiding processed and refined foods, drinking plenty of clean water, exercising regularly and getting ample rest. These are essential. However sometimes these essential pieces are not possible because of underlying malfunction. For example. If you can't shut your mind down at night how can you sleep properly? If you have significant inflammation and pain in your knee how can you stay efficiently active? Thankfully there is another functional tool that has been used by billions of people for thousands of years that can address these issues and many other underlying problems. Most people, certainly in the western world, have very little understanding of this system of medicine and its ability to stimulate optimal function in the human body. This tool is called Acupuncture.

Acupuncture is the insertion of hair thin needles into certain points around the body. When this insertion takes place a number of interesting things happen. Immediately the nervous system is signaled. Depending on the

placement of the needles we are able to stimulate specific nervous channels. In doing this we encourage the movement of circulation along with it. So in actuality we are moving circulation of blood and energy into the area of the body where it is needed. Blood is a major waste removal tool and when stimulated it will break down obstruction of all kinds. Whether it's inflammation, which most times it is, or if it is tension in the nerve or some form of fluid congestion, moving circulation through these areas will remove obstruction and restore smooth function. More than this, when circulation is encouraged into an area via the acupuncture stimulus, oxygen, nutrients and hormones that go with it will get into the system where they are needed in order to strengthen the function of that given system.

The majority of disease is because of congestion and stagnation within a certain system or because the area in question is weak and functioning poorly as a result. By stimulating circulation we can resolve the overall majority of health problems, because that is what is needed to heal. Without it we cease to be. The human body is amazingly versatile but even so it can become weakened by years of abuse. If we eat refined sugars and oils for many years we will generate weaknesses in our digestive systems. If we endure intense stress day in day out it will affect our adrenal system, liver and cardiovascular system. Over time even our bodies succumb to poor choices. The great news is our bodies will heal 100 times quicker than they will become ill. If we stimulate otherwise complacent nerves in parts of our body that are weakened or congested we can get the essential healing elements via the circulation into these problematic areas, whatever they may be, and the body's function goes up and our bodies heal! It's as simple as that.

The time it takes for a person to heal with the use of acupuncture varies from individual to individual, but once it has, we continue to use it to maintain the integrity of our health. For thousands of years in China the Acupuncture physicians were paid if the patient in question was well, not if they were sick! This seems like the reverse of our current conventional model, wouldn't you say?! So, in our practice we will get a person well and then maintain their wellness. Frequency of treatment becomes far less necessary once the body is doing the work. That is being sensible and promoting health to avoid disease instead of waiting for disease to take hold to do something about it which is far too often the case in the Western medical model.

Acupuncture is a tool and a very effective one at that. Acupuncture has been found to produce many biochemical reactions in the human body that work to

stabilize and balance certain disease processes. There are medical professionals out there that discredit the use of acupuncture, claiming there isn't enough research to suggest its effectiveness. They say, "More trials and studies need to be done in order to justify it as a viable medical practice." To these people I say take off the blinders and take a look around you! There are countless case histories and documented accounts of the effectiveness of acupuncture from the Orient that have been translated into English. The amount of research is quite staggering, but it isn't necessarily right in your backyard. There are other countries out there and they do research as well, a lot of it quite good. The evidence is unequivocal. Acupuncture works and has done so for thousands of years. I always explain to my patients, "Look, Acupuncture has been around for thousands of years. The Chinese are very pragmatic in their thinking and are very much evidence and results based. They would never keep a system around, let alone a medical system that is ineffective for thousands of years!" To me, that is all the evidence I need. I don't doubt the knowledge and experience of cultures that have time tested certain practices and still utilize them today to the benefit of their people. Then, for me on a personal note, there is all of the evidence I have witnessed in my own practice. I have seen thousands of patients in my career and have witnessed results that are nothing short of amazing. One such patient comes to mind. A woman came into our practice in severe pain. She had searing pain running down her entire right leg and could barely walk. The pain was the result of a herniated lumbar disc pressing on her sciatic nerve. She came to us out of desperation, as often times people do. After deeming the appropriate procedure was acupuncture the patient was treated one time and had 90% relief from her pain. She proceeded to come in for treatment 5 times and the sciatic pain was no longer present. We then shifted to a maintenance program and the pain never returned. Subsequent imaging was done on her lumbar vertebrae several months later and the herniation had stabilized and was no longer present. This kind of result has happened countless times. Her results were fantastic and although not all cases respond that quickly or that well, I would say 9 times out of 10 we get a result. However, everybody is different and their responses to treatment vary. There are many factors involved. There have been many cases where I would think that a patient's symptoms were far too progressed or the underlying malfunction was far too severe to get a result, but then their health improves and the acupuncture brings them substantial relief and correction of their health concerns. It happens over and over again. I don't ever say that acupuncture won't work for you I always say, everyone is different in their response and it is always worth a try.

Pure and simple the body heals itself and acupuncture encourages and increases this possibility immensely. All we need to do is keep exploring our world and see what lies beyond our own self-imposed limitations. The World Health Organization recognizes acupuncture's effectiveness in the treatment of over 50 different medical conditions, and as more research comes out that list continues to grow. I have been to China on two separate occasions and witnessed the medicine first hand. I learned a lot. I was fortunate enough to work as an intern at the Hong Zhou Traditional Chinese Medicine Hospital in Hong Zhou China and was able to witness the miraculous things that they do to help patients that deal with paralysis as a result of a stroke. There were patients that had suffered complete paralysis of one side of their body. Acupuncture was administered 6-7 days a week and in several cases within a matter of 5-6 months the paralysis was all but gone! Frequency is the key to get the body to heal when it comes to acupuncture. In these cases the frequent stimulation of the needles in specific areas of the body brought enough blood and energy circulation back to the paralyzed nerves that they started functioning efficiently again. Again, our bodies do a lot more than we give them credit for day to day.

These were very severe cases and very chronic health issues and still, with the right approach they were able to recover from the precipice of a very life-altering condition.

We are seeing acupuncture become more and more accepted in the west. We as a people in the west are conditioned a certain way and those mental constructs and day-to-day tendencies and habits that are self-limiting and suppressing are hard to break. I encourage anyone that is open to living their lives with more vitality and stronger functionality to try acupuncture. All it takes is that first step in a self-explorative direction. You will be pleasantly surprised.

So what I say to you the reader and to people everywhere that may doubt acupuncture's effectiveness is try it for yourself! There is nothing like the experience firsthand to come to your own conclusions. I am amazed at how many people, who discredit acupuncture, have had little to no experience with it at all! This is a common trait. The less we know of something the more we avoid or fear its presence. It is a very rudimentary base level reaction in the human brain. Really, the only cure for this is jumping in head first and experiencing acupuncture, or anything that you lack the experience in that could otherwise enrich your life for that matter. You will certainly be amazed at what you might find out! It may even change your life for the better.

Once we use acupuncture to stimulate our own body's innate ability to heal, our mindset changes. We truly realize how amazing our systems are and that maintenance is the key to long, healthy and happy lives. Our goal at Lake Country Acupuncture is to help as many people as possible have optimal well being from the inside out. That starts with the individual. Once you see it for yourself you will know the amazing power your body has to heal and you will continue to change the minds of others. Pills and surgery are not the only answers and we have other options. Come see what we can do to help you be as healthy as you can be! Come find the missing link. You!

David Fife



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<http://www.lakecountryacu.com/>

Charles Carte



Major Charles Carte, USMC (Ret.) is a business owner and entrepreneur. After three combat tours, he developed anxiety disorder with related panic attacks. When treatments offered by the V.A. gave little relief and plenty of side effects, he started looking for natural alternatives. What began as an experiment to help himself, became a business to help others rediscover calm, focus, and energy.

AnxietX: The Beginning

This chapter details my journey through anxiety and panic disorder at the end of a 23-year military career. This led me to create a natural stress management solution aptly called AnxietX.

AnxietX: The Beginning

Panic Attack 101

“Am I dying?” This was my first thought. “Oh, God, please, not here!”

One side of my face was numb. My right arm was lifeless beside me. With my left hand, I tentatively felt the right side of my face, then ran it down my right arm. No feeling. No nothing. Numb.

Is this what a heart attack feels like? Or maybe a stroke? My mind grappled with the possibilities. Here I was, a 40-year-old Major in the U.S. Marine Corps., physically and mentally fit, medically and emotionally trained for the command of hundreds of fellow Marines.

After multiple deployments in combat zones, like all Marines I was prepared to die. In combat. And here I was in an office. Slumped over in a chair, I weakly called out to my C.O. at the next desk. “Help.”

He looked at me with his usual Marine calm, thinking I was joking, no doubt. I saw his face morph from bemused to alarm, and while I was telling him what was happening, he was calling the medics.

If I was dying, my life didn't flash before my eyes, my career did. I was to be even more alarmed with the diagnosis. It would be more confusing and even ridiculous than the idea of dying at the age of 40 with an “old man's disease.”

Today, the assortment of images flash back in my mind as if I was watching someone else, being wheeled into every kind of medical treatment room you can imagine. From the ER to rooms with giant devices that look like they were imported from outer space.

I was scanned, poked, prodded, screened, and drugged. I had the best care technology and training could buy, and the initial results were certain: they found nothing physically wrong with me.

“Nothing?” I screamed to myself. I didn't know whether to be relieved or irritated. What was all this? It was unlike anything I had ever experienced.

Real symptoms, real feelings of physical illness, and the best doctors at the best facilities the military can provide had no answers for me.

I knew about PTSD, combat trauma, and the extreme mental trials of the people who serve. I had seen it first-hand. Men under my command had gone through it, and I had even experienced and been treated for it a few years earlier. This was something else entirely.

I watched my father, a Vietnam Marine combat Veteran, battle with PTSD, depression, and anxiety for most of my life. Unfortunately, our entire family suffered along with him. Regardless, I wanted to be a Marine. I don't recall thinking what had taken his best years of joy away couldn't happen to me, but I know I felt it. After all, we're all invincible at 19, right?

As a West Virginia kid, raised in a rural leafy hollow (pronounced holler), living in a rented trailer that would have cost \$5,000 to buy, all I had was the future. Many around me could only see their dismal present.

My dad was a Marine, and I didn't see his sickness, I saw his service. Once a Marine always a Marine. I saw resilience, strength, power, and prestige. I studied the Marines in all their glory. Their strength would be my strength.

It's funny now, looking back at that scrawny kid who wanted to emerge into something different, something more. I hated what I saw my dad go through. Maybe I could do it differently. Maybe, I thought, that only happens to other people.

While my relationship with my dad was difficult, it was also a driving force. I admired what he had done, and not what he had become. I respected his service, and was confused about his circumstances.

Those images of my childhood flashed back weeks after my first episode. As I lay facing the ceiling, trying to come to terms with my doctor's diagnosis, I suddenly felt defeated, maybe for the first time in my life.

Generalized Anxiety Disorder was the term. After all I had battled and defeated, protecting my country and what we stand for, fighting the enemy on their turf, overcoming PTSD, and OCD, and now you tell me I have what?

I began waking up every day with the fear of the memory of the day before.

Sweats, physical numbness, some days not even able to climb out of bed. I hated my diagnosis, and all the stigma that comes along with it. It's difficult to admit now, when I was a 'healthy' Marine, I looked at others suffering the same condition thinking, "it's all in their head." "Weakness. Oh well, too bad."

As I write this, an average of twenty-two veterans a day are committing suicide. Every day. 365 days a year.

Through WWII and to a lesser extent, the Korean War, this kind of stress was called combat fatigue. For many it was sign of cowardice. We'll never know how many brave souls ended their lives without the understanding available today. So, this is nothing new, except to those become afflicted. It's very new to them. It was very new to me.

Even with that understanding and treatment, I found my life denigrated to an endless series of tests, medications, treatments, and directions. How could it be me? I thought.

Then I looked at all of the medical and psychological professionals treating me. Why am I not improving? At the end of today day, all I have to look forward to is another day of the same. Give me a field of combat over this any time.

I finally raised myself up to look at others going through similar events. I began to notice people around me in the clinics and treatment facilities.

I realized I was walking through my life like when I walked on Iraqi roads with IED's potentially placed at any part of my journey.

Despite what I witnessed with my own father and some fellow Marines, what I loved about the Corps was readiness and resilience. Rising above and beyond difficulties and "impossible" situations.

My enemy had become my emotions and lack of control over my life. My training was about survival, and I knew it was time to remember and activate that again. I knew I would not survive otherwise.

If I could rise out of an uneducated family in an impoverished West Virginia coal-mining town, to a Marine Corps Major, I could figure out a way to beat this.

Mind numbing drugs were no longer an option for me. I had already witnessed the escape into hell others had attempted with drugs and alcohol. No way, I thought.

But what? Declaring a mission and focusing on the ideal outcome may well be the greatest source of dedication one can have. In the beginning it was all about me. How can I solve this for me? What I can I do to emerge from this hell?

I declared a mission. A personal, purely selfish mission. It was a mission of survival, not entirely unlike one on the battlefield. Success meant survival, failure meant death or disability. It was all too real, right here in modern day America.

No drugs for me. I immersed myself in nutritional research for anxiety treatment. But even more important, the pre-treatment for anxiety. What could I do today to wipe out the reality of the anxiety tremors that faced me again tomorrow and the next day?

Despite my search, I couldn't find a non-pharmaceutical approach that was used successfully on others with my symptoms. Certainly none of the expert treatment I received up to that point had shown much promise. I did, however, find certain ingredients that offered relief. That's when the magic really started to happen.

I became my own guinea pig; trial and error. I began to find formulations that gave me true calm. A happy side-effect was more energy. I was better equipped to overcome the fatigue and feelings of helplessness that came with every episode.

I consulted with an expert pharmacist, and numerous healthcare professionals. Mission critical was the sense I was having. I couldn't work fast enough. There was more information and proven techniques that could be woven into my anxiety defense strategies.

Finally, I awoke one morning, feeling for the first time in recent memory, no fear of the day ahead. Then I realized the day before was absent of those traumatic emotions I had felt almost daily for over two years.

I examined my "home brew." Could this be it? I thought. Little did I know what was to come.

From my self-obsession came the realization that if this would work for me, why not others? If it could, I thought. If only.

My sincere desire is to help as many people as I can to avoid the suffering I went through, by sharing the knowledge I have gained through many years of managing anxiety. This book can be your first step to regain control and reclaim the passion in your life, and to make you healthier and happier than you thought possible!

Mission completed?

Not even close.

Mission begun.

Analyzing Anxiety

Did you know statistically, one out of three people will suffer from an anxiety disorder during their lifetime? In fact, all of us experience stress at different levels, be it from major life events or the simple day to day. In our busy culture, stress continues to increase as technology increases.

When I began experiencing panic attacks and, and NO ONE could tell me what was causing it, I felt completely helpless - an emotion I was not accustomed to as a Marine. That feeling, along with the frustration of zero progress in my healing, inspired me to build something that works for me.

Many people view anxiety as strictly a mental disorder, and in some cases, it absolutely is. In other cases, the anxiety is being triggered by physical imbalances in the body systems. (Much like stress has been linked to heart attacks.)

I am no doctor, I am simply someone who is sharing knowledge from personal experience. What I am referring to here is the build-up of normal daily living, and the effects common stressors have on the human body. Later, we will get into the specifics and science behind how this happens. For now, I let me share with you the history of anxiety and the impact it has had on me.

First of all, anxiety is a normal human emotion that everyone feels on occasion. Think about the last time you took a big test, gave a presentation at work, or saw blue lights flashing behind your car. Do situations like this make your

palms sweat or your heart skip a beat? It's okay. This is a natural human reaction.

Symptoms of anxiety are numerous and sometimes subtle. They can include sweating, chest pain, difficulty breathing, and more. The most common for me was heart palpitations. My heart would race like I had been running a marathon even though I was sitting still, making me certain a heart attack was right around the corner.

Of the hundreds of people I have interviewed throughout the course of my own research, symptoms can vary, yet there is a commonality to the experience. There is always a moment where we look at each other and say, "Yeah, I know that feeling."

Following the initial diagnosis, enter the prescription medications: a series of SSRI's that gave me extremely limited relief, and they all came with a host of negative side effects. Everything from general lethargy to brain fog to sexual side effects. A few months of trying numerous prescription medications was enough for me. I had had it. I was done. There must be a better way.

I began where everyone does when they are trying to solve a problem: Google. I started looking for the root cause of anxiety, and natural ingredients proven to relieve the symptoms I was having; the most prominent being panic attacks with heart palpitations.

I kept seeing the importance of neurotransmitters for brain health, and how an imbalance in these messengers may be causing panic attacks. "That's the answer!" I thought.

In the simplest terms, a neurotransmitter is a messenger in the brain (neuro) that transmits information (transmitter) from one cell to another. Maintaining proper balance is essential for overall brain health and function.

The next step was figuring out the key neurotransmitters I needed to "tweak" in order to relieve the panic attacks I was experiencing. According to a report published by the University of Maryland Medical Center, "Serotonin appears to be specifically important in feelings of well-being, and deficiencies are highly related to anxiety and depression."

This was only the beginning. As my research continued, I tried multiple prod-

ucts and individual ingredients to “guinea pig” on myself, and a formula began to develop. I was attending graduate classes at UNLV at the time to complete a certificate in New Venture Management. My big project one semester was to come up with a business plan.

Since I was getting great results with the supplements I was using, I decided to combine the ingredients into one product. I used the idea for my class and ended up competing in and winning our own version of Shark Tank at the university. Winning this academic competition made me realize I was onto something that could potentially help millions of people!

My research led me to the conclusion that with the proper balance of serotonin, dopamine, and norepinephrine, anxiety may be relieved effectively. Once I found the proper blend of ingredients to balance the communicators in my brain, my own panic attacks subsided from several a day to only a few times a week. This was huge for me, especially after suffering daily from debilitating panic attacks for well over a year.

I was determined to help as many people as I could to avoid the suffering I had been through. I managed to sell an investor on my idea, and Anxiety Relief Complex was born. This was the first version of my supplement, and of course, I believed it to be perfect. We even have raving testimonials to support it.

Little did I know, I would learn much more in the months to come, and find an even better blend of proprietary ingredients to help people manage anxiety! This new formula is called AnxietX, and it is changing lives, and I cannot wait to share it with you.

Charles Carte



It's time to press the reset button, and bring more calm, focused energy back into your life.

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Lucas J. Robak

Jack Canfield

Ana Navae



Born in poverty from Guatemala and adopted by the age of two, Ana Navae has become a motivational leader, artist, and teacher. Her passion for changing the poverty mindset and encouraging others in becoming aware of their thought process has become her life's work. Through her own struggles as a child being bullied and wanting to commit suicide at the age of ten, she realized she was able to reach for the stars. As a single mother raising three small children she found her voice and strength within to build on her true character and learn from some of life's lessons.

Using the Mind to Change Poverty Consciousness

Taking a personal look at your paradigm and making the necessary changes will overall enhance your life and free you from a poverty conscious mindset.

Using the Mind to Change Poverty Consciousness

Escaping poverty starts with the mind. To begin to escape poverty consciousness, we need to understand the different types of poverty. As defined in the book, *Bridges out of Poverty*, there are two forms of poverty, generational poverty and situational poverty. Situational poverty is defined as a lack of resources due to a particular event, whereas generational poverty is described as having been impoverished for over two generations. Poverty, “has its own culture, hidden rules, and belief systems. One of the key indicators of whether a person is generational or situational in poverty is determined by their prevailing attitude. Often the attitude in generational poverty is that society owes a person living. In situational poverty the attitude is often one of pride and refusal to accept charity” (Payne, DeVol, Smith, p. 49).

Some of the patterns of poverty include, *Background noise*: Almost always the TV is on, no matter what the circumstance. *Significance of entertainment*: When one can merely survive, then the break from the survival is important. *Time*: Time occurs only in the present. The future does not exist except as a word. *Lives in the moment does not consider future ramifications*: Being proactive, setting goals, and planning are not a part of generational poverty. *Discipline*: Punishment is about penance and forgiveness, not change. *Survival orientation*: Discussion of academics is generally not prized. There is little room for abstract thinking. Discussions are centered around people and relationships. A job is about making enough money to survive, not a career. *Importance of relationships*: People in poverty hold on only to those whom they can rely on, and those relationships are important to survival. *Negative orientation*: Failure at anything is the source of stories and numerous forms of ridicule. *Polarized opinion*: Options are hardly ever examined. Everything is polarized; it is either one way or the other. “I quit” and “I can’t do it” are common statements” (Payne, DeVol, Smith, p. 53-55). These patterns or habits are commonly associated with the poverty mindset.

The more these patterns and experiences are documented mentally, the more solidified the habit becomes, which turns into a belief. Some of these habits and beliefs have been stored in the subconscious are actually tools used to survive and interact in one’s own environment. We can call these the hidden rules amongst classes, and they are shown through actions, thoughts or mind state.

The aforementioned are prime examples of a poverty mindset, but viewing concepts through the eyes of someone in the middle class versus that of someone in poverty is an entirely different view.

Money is to be managed, not spent. This is a middle class mindset and views time in the future as the most important, and decisions are to be made based against future ramifications rather than in the moment. Education in middle class is crucial to climbing the success ladder and is valued, but viewed as abstract thinking in poverty. For those in poverty, casual conversation or language is preferred, while formal conversation, based around negotiation is used in middle class. With food, the focus in poverty is whether or not one ate enough, while for someone in middle class the focus is based on the quality. In poverty the general conclusion of the concept of destiny is fate. One cannot do much to mitigate chance. While in the middle-class mindset, choice is the prevailing theme (Payne, DeVol, Smith, 2009).

Understanding these differences and learning about the hidden rules in different social classes is paramount in breaking free from limiting beliefs that no longer serve a person in order to move forward in their life. Some examples of hidden rules found within a workplace for someone in middle class are: Never to ask for loans or a pay advance from a co-worker. If a conflict arises, it is best to let it go and move on. Rudeness, verbal hostility, physical fighting, and passive aggressive behavior are all also counterproductive. One should generally just avoid arguing altogether if possible (Payne, DeVol, Smith, 2009).

Sometimes these social rules will conflict directly with the instincts of survival that one has acquired through being in poverty. This situation creates two things, tension and room for change. The tension arises from a level of insecurity and indecision. The level or intensity can be directly related to the amount of room for change. One must then exercise their own power of choice to actually execute the change. In order to do this, one must reprogram themselves on a subconscious level so as not to fall back into old habits of action and thought.

The subconscious level I refer directly to are the actions that are not consciously thought of to be accomplished. An example of this would be breathing or digesting food. We don't take time to think about needing to breathe, and yet we know in order to keep ourselves alive we just take a breath. Many of life's necessary components are done on a subconscious level, but the most relevant to the material would be habitual behaviors. Many habits that we have on a subconscious level are things we have done so many times that we do not even

think about it. Some habits can be physical like steering a car: you don't have to sit, focus, and try to think about it. It just happens naturally through experience.

One can become a creature of habit in thought, choosing to think from a polarized perspective and refusing to see any other side of a situation except one's own. These habits can become limiting beliefs without conscious intervention at the subconscious level. In order to understand this one must understand how the mind works.

Bob Proctor was a high school dropout who started a cleaning business from the ground up and is now recognized as one of the greatest speakers on how to get rich. He often talks about the importance of the subconscious mind and more specifically how to program it. As he explains, the conscious mind has the ability to choose thoughts. Those thoughts are then turned into pictures and given to the subconscious mind which in turn expresses the action. The subconscious mind has no ability to reject any information given to it and thus, must accept it by default. The subconscious mind also cannot differentiate between what is real and what is imagined. He states that this level of control of the mind ultimately goes unexpressed in the poverty mindset likely due to the individual's perception of fate.

Many stop and think of programming as an inherently negative thing, but that could not be further from the truth. The reality is that we are born with only subconscious factors and our programming dictates to us our consciousness and what is necessary for interaction. For example, if a baby grows up around people who never finished college, then the likelihood of the child not finishing college based on their behaviors, actions, and limiting beliefs would all reflect on that of the individuals raising the child. The programming received through outside influences or environment can be simply described according to Bob Proctor as your paradigm.

In almost all cases, a person will think in accordance with their paradigm. Your paradigm was formed through repetition of the ideas being planted in your subconscious mind. Your paradigm controls your logic, your management of time, your perception of situations, your effectiveness, and ultimately your paradigm controls the amount of money you earn. If you want to change your life you must change your paradigm. While we can believe something on a conscious level, the paradigm can still believe something else. To change this takes the integration of belief, behavior, and practice. You have to be able to

take the beliefs you've consciously concluded through thought and plug them in the area of the old beliefs and patterns of behavior. Then, you need to repeat these new patterns in your daily life until you change the paradigm shift. This paradigm is nothing but a multitude of habits. A habit is an idea which has programmed into the subconscious mind over and over and over again. This means that if you grew up watching your parents work to earn money, you will naturally have a tendency to work to earn money. According to Proctor, working is the absolute worst way to make money, providing service is how one makes money.

There are many ways that one could provide service. Evan, a nine-year-old from EvanTubeHD is making \$1.3 million a year to review and play with toys. Forsenlol is the handle of a gamer who makes over \$10,000 a week from donations on a website called Twitch from people who just like to watch him play video games. If a nine-year-old with toys and an ambitious gamer can provide a service that both fulfills them and makes them a lot of money, I am confident you can as well. These people simply had a different paradigm around making money.

So how does one actually shift the paradigm? The paradigm can be reconstructed the same way it was initially created, through the repetition of information, or through direct experience. An example of changing a paradigm through direct experience would be of Napoleon Hill, the author of the best-selling book *Think and Grow Rich*. In order to get mentally prepared for an important business meeting, he buys the finest suit and rents the finest hotel room he can find. He ultimately spends everything he has just so he can feel as if he is in the right state of mind to succeed. In the end, the meeting goes even better than expected, and the amount of money he spent in preparation turns promising very quickly.

One of the key components to his success was shifting the paradigm through action. Experience can cause belief. Napoleon brought to life the feeling of being wealthy, he changed his paradigm through action, and thus he began to perceive and think about the world around him differently. Napoleon knew that this would allow him to appear successful because he would already be in the right frame of mind. While not everyone has the ability to purchase a fancy suit, this is where practicing transformational mindset comes into play. You may have to start saving up for something if you want it enough. This will take practice to accomplish successfully, especially if you haven't been exposed to learning or knowing how to save up money. The other method of shifting your

paradigm is the same way it was created for you, in absorbing information.

First impressions are very important to us, and those impressions set initial paradigms which can become relentlessly hard to let go of if not replaced. It is commonly expressed that it takes three good impressions to replace one bad one in someone's mind. If we envision this out to an informational level, then for every time you've heard anything limiting such as "you can't do that" you need to hear the opposite framework of "you can do it" three times for the paradigm to shift. Some great tools to use in doing this work of reprogramming the subconscious are affirmations.

Affirmations, when listened to, whether asleep or awake, will begin the process of reprogramming the same way you were originally programmed, with very little effort on the part of the listener. If you want to make the process go even faster, say the affirmations aloud. Saying them aloud is a perfect practice because it combines the action with the belief and impresses more solidly upon the subconscious mind.

Another great way to shift your paradigm through feeling is with music. Music provides a direct connection to the emotional self unlike anything else. Feelings have a very direct effect on thought. If you feel fatigued, you're likely not going to think all that hard. If you feel angry, you will probably not think rationally. Our state of emotion is imperative to this process because if we do not feel good about doing it, we will likely not get the same result as someone else. Someone who did feel good while listening to the music which helped them to feel better and become more focused.

Through music, we can either change or reinforce our emotional state by simply changing a song. This is what is known as setting up a subconscious trigger. A subconscious trigger is something that has been repeated enough for us to change without even thinking about it. Just like when we listen to a song and are flooded with memories of other times we heard it, one can bring up a perception or state of mind in much the same way. (Proctor, B.)

There are many ways to do it, Napoleon Hill accomplished this by buying the suit and hotel room. He didn't have to consciously think himself into a mentality of being business-ready, it just happened for him because he chose to change his paradigm. This same method can be used to train yourself to take on a mind state whenever it is needed be it for work or survival.

Ultimately, as with anything, this can only work if you work it. Someone who constantly does the same things over and over cannot expect a different result. It takes an individual to have the will to break free from what is comfortable and strive towards something greater. It takes action, sometimes radical and drastic action, to change your life. Some people may not follow through only because of the limiting paradigm that they are somehow not worth it. Just remember, if a nine-year-old child reviewing toys is worth it and a person who plays video games is worth it, there's absolutely no reason you are not worth it.

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Ana Navae



We can change everything in our lives by changing our mindset.
It all starts within.

Dr. Matt Frahm



Dr. Matt Frahm is the owner and head doctor at Max Health Chiropractic. Max Health Chiropractic was founded in 2008 in Brookfield, WI to help people avoid unnecessary sickness and disease. Because of the results thousands of patients have seen, Max Health Chiropractic has grown to 3 locations in the greater Milwaukee area, and

Dr. Frahm has been featured on Fox 6, TBN, WTMJ & WISN as Milwaukee's health expert on topics ranging from weight loss, chronic disease prevention, fatigue, hormone imbalance and much more. Dr. Frahm was also at the 2012 Olympics caring for the US Wrestling Team and has a vision to transform the lives of families across the greater Milwaukee area.

Changing the World Through Healthcare

What is the real definition of health? If you are sick, injured or in pain, your body is intricately designed to heal. Rather than treating the symptoms, what if we looked to address the cause of your problem? By removing interferences such as nutritional interference, toxic interference, structural interference, mental interference, the body will begin to heal and allow you to reach your maximum potential. Imagine the unnecessary suffering that could be avoided if we choose to look to the cause first.

Changing the World Through Healthcare

After traveling to New York City for my daughter Hannah's eighth birthday, I found myself fascinated with the broad spectrum of people, places and events throughout the city. If you've ever visited New York City then you know what I mean...skyscrapers, Broadway shows, luxury hotels, yachts and helicopters mixed-in with street vendors, sidewalk entertainers, homeless people sleeping in the streets and everything in-between. Many times we take life for granted - we assume there will be enough money to pay the bills, food on the table for our next meal and that our health will sustain us to take on the challenges of a new day.



Despite our best efforts to enjoy life to its fullest, there are still areas that we will inevitably take for granted. So how do we decide where to focus our time? What areas of life do we allow to fade? My personal belief is that each person has to come to that conclusion on his or her own. What is that goal? Fulfillment? Or is it success? Or Happiness?

Enlightenment? Or [insert your life goal]? The answer is you're right. And so am I. And so is the next person, but at the end of the day if we haven't left this world a better place for the next generation then I personally believe that we have failed as a society. After caring for thousands of families in my clinics, there is one area of life that stands out above the rest. I think we both can agree that the greatest positive change we can make in this world for future generations is by changing the way we view and manage our health as a society.

My goal is to help you achieve all of the above by navigating you through the process of identifying and protecting your greatest asset in creating change in the world...your health. You read that correctly...your health is your greatest asset. Not your property, not your bank account, not your family, not your God, and not your time. Talk about a big, audacious, and feather-ruffling claim! But let me help you understand why I not only believe, but know this as your greatest asset.

First, health is the area of life that too many people take for granted and therefore end up losing well before they've had the opportunity to make their greatest contribution to making the world a better place. Here's a perfect example: my good friend Jim lost his father to a heart attack when he was just a teenager. His father was only 45 years old. Jim's family was obviously devastated and three young boys were left to navigate the world without their father. Tragically, Jim's mother had a stroke a few short years later and now requires live-in nursing assistance to help with her daily routine. Jim and his brothers have had to learn how to provide for their mother's medical expenses plus the monthly household bills associated with raising their own families. Of course they are happy to be in a position financially to help, but the strain on the family relationships, time and resources have taken their toll and caused unnecessary hardships. Jim now recognizes that his family could have avoided much of this unnecessary suffering if they would have developed a better plan for their health.

Jim's family grew up the way many of us did. Meals consisted of refined, processed, sugar-loaded cereals for breakfast, sandwiches for lunch and meat and potatoes for dinner. They thought they WERE living healthy. They didn't keep junk-food in the house, they were active with the kids in sports, mom and dad made sure everyone got a good nights sleep, they went to church most weekends and they even served at the local soup kitchen each year to give back to their community. Jim's family was your prototypical American family. And the way they treated their health was no different. Jim remembers going to the pediatrician for yearly physicals and vaccinations. Antibiotics were administered whenever someone in the family fell ill and the family doctor was well liked and trusted in the community. However, no one actually taught them how to protect their health. Like most American families, if you asked Jim where health comes from or how to define health, the answer was quite vague. The most common responses that I hear are as follows:

1. I judge my health based on how I feel.
2. I know I'm healthy because I "eat right" and "exercise."
3. I base my health on how I look.
4. Good genes run in my family so I know I'm healthy.
5. Bad genes (heart disease, stroke, cancer, etc.) run in my family so I schedule yearly physicals, mammograms, prostate checks, etc. to reduce my risk of the same health issues.

fact that every single person is empowered with the ability to heal. The power to heal is exactly what keeps us adapting and functioning at our best. It's the same power that brought two cells together inside a mother's womb and, over the course of 40 weeks, forms a human being. It's the same power that organizes cells into heart tissue that will pump blood for decades, lung tissue that allows the exchange of oxygen and carbon dioxide, eyes that can see, ears that can hear, and systems that work in harmony, while all functioning without a second thought from our conscious brain. Just like the answer to many of the world's problems, the answer to true health always lies within. The body knows exactly what to do at exactly the right time. Fevers burn out infections; vomiting eliminates toxins; a runny nose pushes out a virus. But what controls all these precise functions? What keeps everything working in harmony? Some would argue the brain is responsible. That is partially correct. Yet a corpse has a brain and does not adapt nor function when introduced to stressors, viruses or infection. So, what is it that animates life and sets adaptational and functional responses into motion? Call it what you'd like...power, energy, innate intelligence, life force, God's spirit, etc. The point is without this power we fail to exist and when we interfere with it we fail to experience life and health to our fullest potential. The body doesn't need any help healing it just needs no interference. The wisest doctor's recognize this principle and seek to simply empower it to be at its best.



My job is to simply remove the interference. Interference can occur in many different forms: nutritional interference, toxic interference, structural interference, mental interference, etc. Once interference is removed, the body will seek homeostasis. The fullest potential of adaptation and function can be achieved, and therefore the fullest potential of health. Imagine if society lived by this simple principle. What would a world full of healthy individuals reaching for their fullest potential and expression of life be like? I'm not sure I can fully comprehend what that world would look like or feel like, but I do know that it would be radically different. I know it would be different for the better. Let's join together and help others live out their full potential... beginning with health.

Dr. Matt Frahm



What is your greatest asset? Recognize that taking your health for granted can have dire consequences on your relationships, your career, and your finances. Instead of seeking to treat symptoms, look to the cause of your problems, and remove the interferences that are keeping you from reaching your maximum health potential.

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Vidal Cisneros, Jr.



Vida Cisneros Jr. is the host of a top-ranked iTunes podcast at ThrivingBeyondPodcast.com which features TEDx speakers, best-selling authors, world renown consultants, and professional coaches.

Vidal has keynoted conferences and held book signings with an inspiring message of perseverance. Vidal Cisneros Jr's story has been featured in, *The Huffington Post*, *The Good Men Project*, NBC's "The Morning Blend," and in *Chicken Soup for the Soul*.

Gratitude Awakening

Vidal Cisneros Jr. has keynoted conferences and held author book talks with an inspiring message of perseverance. Vidal's story has been featured in, *The Huffington Post*, *The Good Men Project*, NBC's "The Morning Blend," and in *Chicken Soup for the Soul*. Vidal is a contributor for *Chicken soup for the soul*. Vidal also hosts a top-ranked iTunes podcast which features TEDx speakers, best-selling authors, world-renowned consultants, and professional coaches. Vidal's upcoming book can be found at ThrivingBeyondBook.com

Gratitude Awakening

“My life will not end this way. My family needs me. I have to follow my dreams and start now.”

That’s the promise I made myself one day many years ago.

Grimacing as I stepped into my work truck, my shoulders and back had felt the wear and tear of the hardest season to date during my road construction career.

As I stared at my work boots sitting in the work truck. I could see the bottom tread of my boots, which I’d bought at the beginning of that construction season flattened.

With barely any traction and tread left I thought, “Is this what my life is all about?” Then, I looked at my reflective work vest that was my uniform for so many years, the long hours that season had the reflective strips hanging by a couple of threads.

I’d gone through the most grueling schedule, of a far from the illustrious career. The crew I’d managed had averaged seventy-five hours that last season and at one point I’d worked thirty-two consecutive days straight. With zero days off. Then, to illustrate how intense it had been I’d worked two consecutive weeks in a row racking 90 hours in one week, and 180n hours in two weeks time.

Finding shade in my familiar work truck -- it hit me. My stomach began turning to face the truth. Would this be it for the rest of my life?

In that moment I regretted the time wasted being stuck and not learning new skills other than the road construction grind.

Then, in that moment something within spoke up and said -- two powerful words, “Stop settling.”

Then, that voice spoke louder. Until I felt my eyes water to the thought of stay-

ing another year. Looking up to the clouds I made a vow, to myself, and my maker, “I’m done settling. This is the last season. I’m done!”

I’d had it, “Enough is enough.”

Sitting in my work truck on that road construction site I’d knew I was done. That was the culmination of a dead-end career.

My dreams had faded to nothing, my marriage was stuck in idle, and my daughters only saw the remnants of the father they’d once known, when they saw me at all, which was seldom.

Riding on the power of that decision, I left my financially comfortable, soul-destroying construction career behind. I jumped into a success mentorship program, quickly discovering the power of personal development and opening myself to the idea that my life was in my hands. I believed I had embarked on a journey that was waiting just for me. Then the unexpected happened.

I was quickly building momentum and learning the principles of building a successful business when my wife of seven years began to change. She had gone so far into her new reality that it took all the courage she had to confess it all.

“I’m seeing someone,” she finally admitted.

All of the momentum I’d been building crumbled under the devastating blow as she hesitantly said, “There’s more.” A long pause, and then, “I’m pregnant.”

In that moment my heart and soul were shattered. I grasped for a straw of hope. “It’s mine, right?”

One word blew that straw away. “No.”

I still wanted her as my wife. I held on to that thought and tried desperately to make it work and win her back, but it was hopeless. As much as I prayed for a miracle, I had to accept she wasn’t in the relationship with me anymore. It was time to let her go and move out.

Almost overnight, I went from new success to new distress. That year I spi-

raled into a deep depression and found myself sitting at bars and drinking more than I ever had. The rage I was trying to suppress came out one night in a drunken bender. In a high-speed chase one hopes to see only in a movie, I eluded a deputy sheriff twice, finally losing the officer but causing an accident and totaling my Jeep. While thankfully no one was severely injured in the accident, I was a mess.

Unsurprisingly, I was placed under arrest. I'd worked with deputy sheriffs on construction sites and I had always respected the law. This behavior was out of character for me. I had to ask myself who I had become.

Sitting in that cell for four days straight not only sobered me up, but also woke me up to the reckless way I was living my life. I hit rock bottom sitting in that cell, locked up with people who were on trial for awful crimes.

In those four days of incarceration, I went through a wide range of emotions, but what I found was clarity in my mission and the passion that would pick me up from the deep depression I was in. I prayed. I fasted. I found inspiration in others' stories. Most of all, the light was beaming brightly out from me again. I realized that I needed to forgive if I was going to move forward with my life.

Praying for everyone, especially for those who had created my nightmare softened my heart and made things turn around faster than I'd imagined. Words, I learned, have power, and the ability of grateful prayer to change your life should never be underestimated. I had fallen prey to situational alcoholism and depression. But now I held fast to my new vision. I would be grateful and wish everyone the best, including my enemies. I prayed for blessings for my ex-wife, her lover, and their unborn child.

Unfortunately, the day following the arrest, my name was plastered all over the news as a suspect in a high-speed chase. I was sentenced to six months for Driving While Intoxicated and Reckless Driving. I saw the emotional effect of my sentencing and conviction had on my family and it was devastating to face six months behind bars away from my daughters when they most needed me. Although I thought this was the last thing I needed, looking back I realize it was, in fact, the best thing.

Those six months helped clear my mind from the nightmare and gave me the courage to accept professional therapy and get refocused. Most of all, it awakened my heart to a new relationship.

Before serving time, I had become friendly with a woman at work. Unbeknownst to me, she was also going through betrayal and divorce. The similarity in our situations was eerie, and it was obvious to us that our becoming friends was not a coincidence. I began to write her daily, and the closer we became the more she was my ray of light in the storm I was living through.

She brightened my days with her letters and visits. She gave me hope, and it inspired me to keep going.

In the outside world, the life I once knew was being pummeled to dust. But in my incarcerated world I found contentment in writing, drawing, singing in the choir and inspiring others to chase dreams.

I learned something powerful—being incarcerated doesn't mean being unhappy. Happiness is a choice. You can choose to believe in something bigger and have faith that your journey will take you to better circumstances.

When my six-month sentence was over, traveling on that bus back to my the reality was surreal. I was returning, but with a new level of awareness for life. Learning from others' stories gave me insight into how powerful the principles I learned from my success coaches and millionaire mentors really were.

I've learned that we all have the same twenty-four hours each day to sow seeds of abundance. And we can't receive greater gifts if we don't let go of the past ones.

It became obvious that I had been blind for many years to the power of gratitude. I had taken so many things for granted for so long, including achieving my dreams. But by intentionally envisioning and being grateful in the now, it gives way to abundance in the future.

When I'm asked to speak to audiences about my story and how I persevered in spite of circumstances, I talk about the power of words and prayer, and about holding that vision of gratitude for what you have so that greater possibilities become real.

Vidal Cisneros, Jr.



His upcoming book can be found at ThrivingBeyondBook.com
Also more at <http://vidalcisnerosjr.com/coaching>

Heddy Keith, M.Ed, CH, CI



Heddy: I am a certified hypnotherapist/ Instructor for the National Guild of Hypnotists and the owner of HK Hypnosis, LLC. I earned a Bachelor's degree in Education from the University of Wisconsin-Milwaukee, and a Master's in Education from Cambridge College- Cambridge, MA. I am trained and certified in the Emotional Freedom Technique (EFT) and Hypno-Waving. My healing memoir, *Through it All: The Men I Choose to Love and the Lessons Learned*, is soon to be published. I help people change their life. Take smoking for example; I was hypnotized and quit smoking over twenty years ago, it worked for me. My sessions are 1 hour to an hour and a half and I offer free 30 minute phone consultations.

"I should have done it years ago.

It's amazing I didn't even want cigarettes anymore." - Matt Damon

Discover Your Power

Experts in personal empowerment share two viewpoints on how to change behavior, mind set and health. Heddy Keith brings insights from the field of Hypnotherapy and EFT. Keridak Silk approaches empowerment with intuitive insights and a counseling background. In this article they address the Frequently Asked Questions that their clients have asked over the years. These answers offer information that you can begin to use today; as well as explaining the paradigms and solutions each practitioner can offer you.

Keridak K. Silk, MS



I am an Intuitive Counselor. I am skilled in counseling techniques (Masters from National Louis University), life coaching skills (Over 10 years of taking classes, workshops, etc), Reiki Trained (both traditional Reiki 1,2, &3 as well as Master trained in Kundalini Reiki). I have fully stepped into my natural abilities as an intuitive. I offer short ½ hour or 1 hour sessions - these are typically Readings to give Past Life or Current Life information to you. Or I offer packages of multiple sessions at a reduced rate. Workshops are available if you prefer to learn and explore without additional assistance in personal empowerment or change. By January 2017 I will also be certified in Hypnosis by Heddy Keith.

Discover Your Power

Experts in personal empowerment share two viewpoints on how to change behavior, mind set and health. Heddy Keith brings insights from the field of Hypnotherapy and EFT. Keridak Silk approaches empowerment with intuitive insights and a counseling background. In this article they address the Frequently Asked Questions that their clients have asked over the years. These answers offer information that you can begin to use today; as well as explaining the paradigms and solutions each practitioner can offer you.

Discover Your Power

2 Experts Explain

How can you help me?

Heddy: Hypnosis helps create a change in mind and attitude and that is the key to changing behavior. It empowers, a person to solve their own problems. The newest clinical research reveals that when used properly, hypnosis and hypnotic suggestion can alter cognitive processes such as memory and pain perception. The aim of hypnosis is self-healing, and self-change. I can help you achieve natural states of mind where healing and change can happen. A professional hypnotist is especially useful for tapping into the awesome power of the subconscious mind. “If you can think it, and believe it, hypnosis can help make it so.”

Keridak: You have unlimited potential to change your life. I understand that sometimes this is difficult to understand and difficult to practice. We are all made up of energy. This is proven by physics but has been the basis of religious practices for ages. Energy can be tapped into by our minds. The skills to do this can be taught. Needing help is very common. We are taught by society to deny our body/mind/spirit connection. My intent is always to give you the skills, information and insights that you need to make lasting changes for your good.

Can people really change?

Heddy: It takes courage to change. Yes, people can change when they are ready to deal with their issues. Hypnosis can make a dramatic shift in your life circumstances, if you want to change. You are the controlling factor through your own effort your desired change occurs. As a professional hypnotist my job is to identify the approach that will work best for you and help guide you into a hypnotic state.

***“Progress is impossible without change,
and those who cannot change their minds
cannot change anything.”
- George Bernard Shaw***

Keridak: Yes. Everything changes; it is up to you what direction that change takes. I have personally changed many fears and personal anxieties. Understand that this is not who you are. It takes a desire to have a happier, more fulfilled and powerful life. For some just realizing the desire can create the change. Consider the person who lifts an unimaginable weight off of another in a spurt of desire to help. The desire sparks adrenaline and it taps into the Universal Energies. It is amazing what humans can do when they have desire. To help you change we start with what you want to be and then create the plan to get you there.

It's been a lifetime of challenges; can I change?

Heddy: Yes, challenges help you grow and reach self-actualization. I look at life as one huge classroom. Maybe it's because I am a teacher, but to me every experience is an opportunity to learn and grow; each challenge you accept and overcome moves you to a higher level like a pyramid game. We learn from tough challenges. Failure leads to success. Walt Disney was told he didn't have imagination, but that didn't stop him.

***“All the adversity I’ve had in my life,
all my troubles and obstacles have strengthened me...
You may not realize it when it happens,
but a kick in the teeth may be the
best thing in the world for you.”
- Walt Disney***

Keridak: You came into this world with challenges and abilities. Some of those challenges seem unsurmountable right now. Some challenges you have conquered only to have that same pattern repeat. I use active counseling techniques, spirit messages, and divination tools, (such as Tarot Cards and Pendulums) to assist in finding why these challenges arise. Is it past life influences? Karma or Dharma that needs your attention. Is it something that you are attracting to yourself unknowingly? Each of us has a unique path we came here to follow. It is important to understand that that path is not set in stone. You have the power to make astounding changes and to free yourself of the challenges of a lifetime. This is the true lesson.

Are thoughts really important?

Heddy: Yes thoughts are the most important thing when speaking of changing behavior. It all begins with your thoughts. You're the director, you create your life with the thoughts you entertain in your mind. The subconscious mind is a powerful tool that we use every day to manage and control our lives. The conscious mind commands and the subconscious mind obeys, it works twenty-four hours a day to make sure your behavior fits the pattern of your thoughts, and desires. Thoughts can grow flowers or weeds they are the seeds you plant and nurture repeatedly in your mind. What you think is what you get. I help my clients focus on positive thoughts. Together we reframe negative thinking and inner-dialogue.

***“Man, alone, has the power
to transform his thoughts into physical reality;
man, alone, can dream and make his dreams come true.”
- Napoleon Hill***

Keridak: Absolutely! Everything is a reflection of your thoughts. Look at the work by Dr. Masaru Emoto – Messages in Water. He placed words next to a jar of water. Froze it and looked at the crystal structure under a microscope. Words like hate and anger made ugly crystals. The same water with words such as beautiful or love created gorgeous crystals. We are mainly made up of water. Don't worry about the one or two stray thoughts, we all have those. Instead be mindful of the way your typical thoughts flow. Are they focused on anxiety or fears? Do they make you feel hopeful or strong? Is there anger or an underlying feeling of stress? Thoughts can be changed. Changing your thoughts can dramatically change your life. I have done it and I have helped many others.

How can I use the Law of Attraction?

Heddy: What you think about is what you get. The law of attraction says you draw into your life what you repeatedly think about. So why not think about what you want in your life. If you want to be happy, think happy thoughts. If you want a better job sit down and write a description of the kind of job you want? How much money you want to make? How many hours will you work? How much vacation? And what work conditions do you want? Think about the kind of boss you want to work for. In other words make the details specific. Ac-

According to Buddha, “All that we are is a result of what we have thought.” Think about it for a moment, what have you been thinking about?

Keridak: The Law of Attraction is one of several Universal Laws. It means that you control what happens to you by what you think. Remember we talked about thoughts being important? Have you ever thought something and then had it happen? Sometimes this is a form of Deja Vu or Precognition (spirit messages/dreams telling you what is to come). Other times you have communicated what you want to have happen and it comes to you. The Secret is a popular movie that gives examples of how this can work for people. I teach that focus, clarity and often emotion can give strength to your manifesting. Yes, this is something everyone can do. The more you flex the muscle of receiving what you desire the stronger it becomes.

Are our bodies self-healing?

Heddy: The subconscious mind controls the body. Louise Hay, author of *You Can Heal Your Body*, talks about how our thoughts can heal our bodies. Research has shown that when we speak positive words to plants they grow... George Washington Carver talked to his plants and they grew. I have talked to my dying houseplants and they came back to life. We know the effects negativity have on children, they grow up with low self-worth and lack self-confidence. “Sticks and stones will break your bones, but names will never hurt you,” is a lie. As a person thinks in his subconscious mind, so is he. Being called negative names ends up stored in a child’s subconscious mind and he or she grows up believing they are the truth.

Your subconscious mind can heal, empower, inspire, and strengthen you. Everything starts in the mind including disease. Negative thoughts emerge as negative experiences.

“Hypnosis is the epitome of mind-body medicine. It can enable the mind to tell the body how to react, and modify the messages that the body sends to the mind.”
- New York Times

Keridak: Absolutely. I have talked about how our thoughts can change what comes to us. Healing is something that you can manifest. Our society teaches the opposite. It makes you feel that you do not have control over your body.

There is research that in case after case people have gone beyond what medical science has said was impossible. In many cases changing mindset, learning to reduce stress, and harnessing universal energy can make significant changes in your health.

How does one resolve past history?

Heddy: Most of our history comes from childhood, in hypnotherapy we do age regression, which is regressing the client back to a particular age when an incident began. Sometimes when doing age regression the client may slip into a past life experience. Fear may come from a past life incident. For example a fear of water may indicate a past life death by drowning. The benefit of doing past life regression is in knowing what happened and understanding it—most of the time this knowledge eliminates or greatly reduces the fear, in any event either one maybe beneficial.

*“The love that you withhold is the pain
that you carry lifetime after lifetime.”
- Alex Collier*

Keridak: Your past experiences affect you in numerous ways. In some cases you are aware of this and in others it is subconscious or buried deep in your DNA. Recognizing these issues is the first step to resolution. First we talk about your memories, then we choose a method to go deeper. This may be a past life reading or you may choose a regression. Once the true source is discovered healing can occur. You may find just knowing makes all the difference. You might decide to rewrite your history. In this way you create a new outcome and empower yourself. Sometimes the route is forgiveness. Or finally there may be a need to go back and find the lost pieces of yourself - soul retrieval.

How does one deal with grief or loss?

Heddy: Whenever you have to let go of something that you love, depend upon, or are accustomed to you have a separation reaction. There are many types of loss, it could be a divorce or separation from a loved one, job, or family, it can be emotionally devastating. When relationships are severed with a best friend or lover—sadness, anger, and hurt become dominant emotions. When thoughts become negative, fearful and angry your body goes into a stress reaction. Hypnosis can help you relax and work through the five stages of grief.

***“It’s hard to find a field that hasn’t used hypnosis successfully, everything from quitting smoking to IBS.”
- Good Morning America***

Keridak: Grief and loss can be devastating. Through our work together you will learn that those who have transitioned are truly closer than you thought. Mediumship is communicating with those who have passed. You can learn this skill. Small communications such as a scent or symbol can mean a lot, together we will work to identify how your loved one is communicating. Dreams and deep meditation are also ways to communicate. One tool to use is: Moldavite. A powerful stone of transformation. Moldavite can change your life, by working with it in your dream work, it will help you to facilitate faster growth in any area you are focused on, whether dream recall, lucid dreaming, or astral travel. You will have the opportunity to explore crystals, intuition, and much more. Learn how to open up to the messages. Every step is done at your pace and as you feel ready.

What happens in a private session?

Heddy: We begin by talking and getting to know each other. We discuss the issue you came in to change. I explain what hypnosis is. I ask a few questions to get information to help me customize the hypnotic suggestions I use. You approve them and I do a relaxation exercise to relax your body and mind. We call it an induction. Once you’ve reached a hypnotic state I give you the agreed upon suggestions.

All hypnosis is self-hypnosis. You are always in control and can emerge from hypnosis at any time. I cannot make you do things that you are morally against. And a person who really doesn’t want to quit smoking or lose weight—can’t be made to do it. After I emerge you from hypnosis we talk and then you’re free to go. It usually takes an hour and a half on the first visit then on it takes an hour.

***“A man is but the product of his thoughts.
What he thinks he becomes.”
- Gandhi***

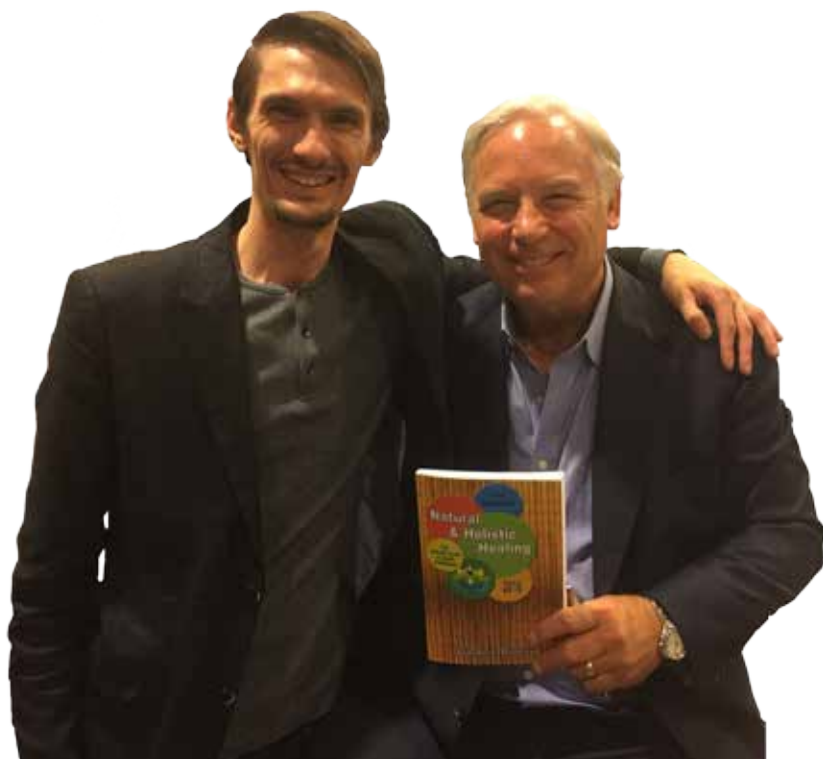
Keridak: Sessions may be by phone, internet conference or in person; but every private session is confidential and unique. The first one is a chance to look at all of the issues and challenges that you are facing. At this time you assist me in deciding what should be tackled first. Many people find they can work on several problems at once; others prefer to tackle one at a time. I offer both single sessions and packages of sessions. At each we set a safe environment. We talk about your needs, frustrations and successes. The skills learned or the tools used are totally determined on what will work best for you.

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Lucas J. Robak

Jack Canfield

Heddy Keith, M.Ed, CH, CI



Heddy Keith M. Ed, CH, CI author, speaker, teacher, founder and president of the Milwaukee Writer's Circle. Her healing memoir, *Through it All: the Men I Loved and Lessons Learned* will be published soon. Heddy's hypnosis office is located in Glendale, WI. For more information about hypnosis classes and workshops go to www.HKhypnosismilwaukee.com. She can be reached at Heddykeith51@att.net or call 414-241-2563 for a free phone consultation.

Keridak K. Silk, MS



Keridak K. Silk, MS supports you with unconditional understanding. She listens to your concerns, life problems, fears and challenges. Using a heart to heart connection, divination, karmic insights and traditional counseling/life coaching, Keridak holds certification in Reiki, Kundalini Reiki and other forms of healing. Her Master's is in Human Services/counseling from National Louis University. She is ordained as a non-denominational minister. Contact her at keridakkae@gmail.com , 262-404-7119 or 303-887-6477 cell. Offices in Menomonee Falls, WI; Virtually or by Phone.

KC Thorson



KC Thorson is President of the Menomonee Falls Holistic Chamber of Commerce and KC Thorson Enterprises, LLC. As “Your Organic Cooking Coach” KC believes in a healthier and happier world through our choices. Finding solutions to today’s cooking and dietary lifestyle challenges and making it easier and more affordable to make the best nutritional choices is her passion and her business. Additionally, she has conducted cooking classes, workshops and chef services for Wellspring Organic Farm & Education Center, NuGenesis Organic Farm and has worked with local business & health professionals, busy individuals and groups over the past 10 years, as a professional cooking coach and personal chef.

Taking the Lead, For the Health of It - 5 Levels of Leadership

The growing costs of presenteeism are stifling business and individual productivity, as disease, pharmaceuticals, and physical/mental conditions and disturbances become a “normal” part of daily life. This trend CAN be reversed by becoming educated on the many natural and preventative options available to us, in our communities. Taking the lead individually and professionally is imperative to a future of wellness and optimal productivity. Here are 5 “Levels of Leadership” to help fight the growing expense of presenteeism.

Taking the Lead, For the Health of It - 5 Levels of Leadership

Standing up to the threat of “presenteeism”, personally and professionally

*“Sometimes if you want to see a change for the better,
you have to take things into your own hands.”*

-Clint Eastwood

Simply speaking, the term “presenteeism” pertains to being on the job, but “out of it”. It’s the costliest issue for businesses and society today – whether major corporations, small businesses, micro or home-based businesses. Presenteeism is often the result of an ongoing medical condition, illness, medication, allergy or can be as basic as a lack of healthful living and wellbeing to include issues such as sleep deprivation, nutrition and exercise avoidance, and/or severe stress. Regardless of the cause, presenteeism today results in the loss of hundreds of billions of dollars, with estimates suggesting up to a 75% loss in productivity. One research team actually calculated the total cost of presenteeism in the United States to be greater than \$150 billion per year.

In a report published by the Mayo Clinic entitled “The True Cost of Poor Health”, http://www.tcyh.org/employers/downloads/Extra_MayoCostOf-Health.pdf it is identified that:

“... many organizations currently don’t pay enough attention to the hidden costs of avoidable sick days and presenteeism — the cost of employees who are on the job but not fully functioning because of real illnesses and medical conditions, including asthma, seasonal allergies, arthritis, migraines, depression, back pain, gastrointestinal disorders and diabetes.”

“... these common conditions represent fewer direct costs than high-expense diseases, such as cancer and heart disease, but they represent higher indirect costs, because they are so prevalent ... “

According to Mayo Clinic HRA data, the most prevalent lifestyle risk factors

that lead to presenteeism include poor nutrition, emotional health, safety and weight. Often, these are factors, that as adult individuals, we have the ability to take personal control of.

“Higher Indirect Costs of Presenteeism

Depression costs U.S. employers more than \$35 billion a year in reduced performance at work.

On-the-job pain (including back pain, headaches and arthritis) costs employers nearly \$47 billion a year in productivity loss.

In one study, chronic conditions alone were estimated to cost The Dow Chemical Company more than \$100 million annually in lost productivity for its U.S. work force — the equivalent of 6.8 percent of total lab costs for the company in 2002.”

Today numerous politically charged articles and reports might have one believing that presenteeism is the sole result of a lack of sick day allotment or is based upon employer attendance demands. In addition we as a nation are challenged with a deluge of government and media messaging that may conflict with our quest to ensure wellness and avoid physical disease and stress. For example:

Major focus on exercise as the major factor to weight loss

Wide-spread use of heavy pesticides and herbicides

Synthetic additives predominant in fast-food, restaurant, pre-packaged and processed foods

Calorie messages

Hybrid grains

Foods grown with DNA changes

Sugar

Misleading messages concerning fats, meats and fiber

Habits

In actuality the issue of presenteeism affects sole proprietors and entrepreneurs as well as major corporations and the “calories in, calories out” message that has been preached and included in wellness programs for decades, has not been effective in reducing obesity or disease. The GOOD NEWS is that today, more so than ever before, we have preventative and alternative professionals and modalities practicing holistic healthcare and wellness, that line our cities and communities.

Integrative physicians, food-functional practitioners, chiropractors, natural nutritionists, acupuncturists, clinical aromatherapists, certified yoga and pilates instructors, personal coaches, private chefs, holistic therapists, natural dentists, financial experts and more, who can help each of us with a plan for living, eating, sleeping and playing well. No longer viewed as “voodoo medicine”, an increasing number of insurance companies and managed-care organizations are covering various holistic healthcare costs due to increasing demand and evidence of physical and financial benefits.

The Holistic Chamber of Commerce (HCC), an expanding global professional trade organization representing holistic professionals, practitioners and businesses, provides support to these businesses and the community by connecting consumers to natural practitioners and modalities, via directory and education. HCC chapters span the US, Canada and beyond and can be accessed online at www.holisticchamberofcommerce.com OR contact Wisconsin’s local chapter, the Milwaukee-Menomonee Falls HCC Chapter, by accessing www.holisticchamberofcommerce.com/wi-menomonee-falls or emailing menofalls@holisticchamberofcommerce.com for more information.

It’s time for each of us to take the lead regarding our nutrition and overall health by changing our paradigm from dealing with the “business of illness” to that of preventative care without the inclusion and cost of drugs and/or settling for illness as a natural way of life. We can change the tide of increasing presenteeism by becoming educated and accountable, as a business and individually.

In his book “Whole, Re-thinking the Science of Nutrition”, T. Colin Campbell, PhD, makes it clear that “there of trillions of dollars at stake in keeping the vast majority of people ignorant about what’s happening to them in terms of nutrition, and there are multitudes of politicians whose campaigns depend on donations from the industries that most benefit from the reductionist science that can be manipulated to support any result one wants found and believed”.

Here are 5 Levels of Leadership that can help lead in our fight against the on-going and increasing costs, personally and professionally, of presenteeism.

Learning:

- Make it a priority to research any standout items of this presentation
- Check out and view some recent movies, read books, blogs or articles concerning whole, organic and locally sustained foods, farms & markets
- Access local Wisconsin farms & CSA programs via

<http://www.csacoalition.org/our-farms/full-list/>

<http://www.eatwild.com/products/wisconsin.html>

Performing

- Invite natural/organic food nutritionists, chefs, and other holistic practitioners and educators for “lunch & learns” at your business
- Hold “potluck” lunches where staff is encouraged to prepare a healthy homecooked dish to share
- Give farm market, CSA, healthy cooking class or organic foods gift certificates as awards & incentives
- Encourage the use of crockpots, thermos and lunch trays to transport home-prepared foods
- Bring in fresh veggies & fruits from local farm markets in place of donuts, candies & chips

Leading

- Prepare your lunch at home and bring in
 - ✦ Raw veggies & dip
 - ✦ Fresh fruit
 - ✦ Soups

- ✦ Nuts
- ✦ Dark chocolate
- ✦ Berries & yogurt/coconut cream dip
- ✦ Home made granola – nuts/raisins/seeds/honey
- ✦ Celery & nut butters
- ✦ Romaine wraps
- ✦ Hardboiled eggs

Leading at home

- Always allow your family to see healthy foods on your plate
- Encourage home cooking by putting kids in charge of menu selection & cooking for special nights during the week
- Include your kids in on shopping lists, menu selection, and helping to prepare the meals
- Make effective use of crockpots, pressure cookers, convection ovens, Vitamix, cutting edge cookware for efficiency, flavor and health
- Prepare the majority of your meals at home

Developing Leaders

- Put staff in charge of arranging potluck lunch events, lunch/dinner meetings, snacks, etc.
- Encourage the sharing of local food/recipe info
- Teach your kids by sharing tips, recipes, cooking processes & stories

- Developing Developers of Leaders
 - Encourage staff leaders and family leaders to “pay it forward”

As nutrition is perhaps the most important factor in reducing and diminishing the condition of presenteeism in our lives, healthcare reform actually DOES begin in our kitchens.

What’s So Great About Cooking?

Better for the environment

- It takes more than double the amount of energy to process food than it does to grow it
- Less expensive
- It is “convenience” and not price that is the reason for people eating out
- Healthier
- Research suggests that people who prepare food at home (versus food prepared outside the home) do eat healthier
- Tastier
- Better control of ingredient quality, freshness

“You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind. “

– Darwin P. Kingsley

KC Thorson



Learn more about becoming a Professional Member of our growing organization by clicking here or join now by clicking here.

www.holisticchamberofcommerce/wi-menomonee-falls

<https://www.facebook.com/YourOrganicCookingCoach>

<https://www.linkedin.com/in/organiccookingcoach>

www.kcthor.com

Maggie Mongan



Maggie Mongan is a Master Business Coach, who specializes in helping Small Business Owners to Simplify Small Business Success. Her background includes leading a non-profit and a women's tech start-up. With 30 years of business management and leadership, Maggie has served as a Business Coach before it even became an industry!

What makes Maggie unique? She is an ordained Inter-Faith Minister. She helps her clients succeed by sharing comprehensive holistic practices and universal laws to their business strategies and practical action items. Gift yourself by reaching out to Maggie and learn how to create a profitable and dynamic business – simplistically.

The Healing Powers of Creating a Comprehensive or Holistic Business: A Letter to Small Business Owners

Any Business Owner can attain business success. Here we debunk the common myths of American Business and share the facts in plain language. Why? To help you understand what really happens in successful businesses. Businesses, just like our bodies, are living entities. They depend on each individual part of their whole system to properly function - ultimately creating optimized performance.

Reading this chapter will clear the confusion of what YOUR Business needs. It will guide you to consider creating a different relationship with yourself, as a Business Owner and Leader, as well as how to support a thriving small business.

The Healing Powers of Creating a Comprehensive or Holistic Business: A Letter to Small Business Owners

Dear Small Business Owners,

Some Small Business Owners (SBOs), who are exceptionally good people, have had some BAD business experiences. Experiences which keep them up all night in worry, fear, and self-doubt. Worse yet, these exceptionally good people also know their products or services will benefit the world, but don't know how to convert their passion into a profitable business to support them and their family.

The past 12 years of professional Business Coaching gives me some insight I can share. It appears there are many myths floating around about Small Business success, and I'd like to set the record straight. Why? I'd like to help you get on the right path from the start AND improve YOUR Business's Performance. This information can save you a great deal of confusion and shave years off your learning curve as a SBO. Additionally, you'll begin activating the Healing Powers of integration as you turn your passion into a lucrative and comprehensive or holistic business.

American Small Businesses get a bad rap! It seems the little guy in business is bullied by the bigger guys - large corporations. Actually this is one of the reasons I resigned from my highly successful position as an Executive Recruiter. The CEO asked me what I was going to do next. I remember professing with distinct clarity, "I'm going to help small businesses have the same competitive advantage that big business has - but at a fraction of the cost!" With great conviction I posted that statement on the homepage of my first website.

My intention and commitment to simplifying Small Business success still remains since that day in 2004! So today I write this letter to you, the ones who are the majority (75.3%) of American entrepreneurship (www.sba.gov). This is a message of great concern and caring to support SBOs during moments of uncertainty or struggling when feeling squeezed. It's imperative for you to alleviate some of those challenging moments that bring you to your knees - which

may be more often than you'd like to admit.

Myths and Facts about American Small Businesses

I'd like to start at the beginning of the business conversation. First I'll share a few relevant statistics about Small Business in America. Next there are some commonly misunderstood foundational concepts of Small Business. Creating clarity and understanding will give you context as you learn real-life wisdom-sharings to improve YOUR Business and turn it into an effective resource for revenue. Won't it be fun to debunk some myths of small business with statistical evidence? Doing so will help you create practical and actionable strategies and provide tips for you to infuse into YOUR Business. Are you ready to hear what no one else is discussing?

Let's start with a definition of Small Business to begin the debunking and share some tips for simplifying YOUR Business. According to the U. S. Small Business Administration:

- In 2013, there were 28.8 million small businesses
- Of those businesses, Microbusinesses (firms with 1-9 employees) are most common
- In 2014, the survival rate of new businesses was 79.9%
- From 2004-2014, 78.5% of new establishments survived one year (www.sba.gov).

Note: These statistics are regarding businesses that formalized their existence as a business entity with the government and the IRS. Unfortunately, many SBOs are operating their legitimate business at a loss.

Right now you might be saying, "OK, but why does this matter?" This matters because we've always heard different numbers. **Myth:** 50% of businesses fail within their first year. **Fact:** 79.9% of businesses survive year one. This is great news! If YOUR Business has survived more than one year, give yourself a high-five. If you have been profitable, jump up and do the Happy Dance.

Another interesting fact is the commonly accepted definition of small business: a business with less than 500 employees. The majority of Small Businesses are Microbusinesses. This makes sense why so many SBOs say they're always

under constant challenges - they're wearing multiple hats simultaneously. Small Business success tends to squeeze owners into finding simplistic ways to function. Unfortunately, not all Business Owners include holistic or comprehensive systems into their operations. If they did, they would have a competitive advantage in their marketplace.

There is one more important fact to learn before we dive into some great business success strategies. **Myth:** Successful business ownership means SBOs can do anything they want - any time they want. It appears there is great confusion over the definition of a successful business. Let me clarify this. **Fact:** Business success is officially defined by filing a profitable business with the IRS. Business survival is referring to an unprofitable business which hasn't been closed or dissolved. The two are very different!

Myth: Success can be based on perception. Business success is often perceived by others based on what they see. The illusion of success can mirror being deep in debt. **Fact:** The truth is business success is proven factually via each business's Profit & Loss Statement. If the bottom line is black, not red, the business is successful. In this case, perception has little to do with success.

Question: Is YOUR Business Successful (profitable) or have you been busy buying yourself a job?

Doesn't it feel good to get those hard facts about Small Business out of the way? Let's do some more myth busting and discuss ways to help you simplify YOUR Business Success. After all, this is the game I play every day with clients... and the one you want to win. Ready?

Business Ownership and Business Leadership

Busting this myth has the potential to catapult YOUR Success! It's the one that makes the biggest difference when I work with my clients. **Myth:** Business Leadership is for Big Businesses. **Fact:** All Small Businesses have an Owner, the one who holds all responsibility. Yet, not all SBOs are Business Leaders. Most SBOs don't LEAD their business - they acknowledge responsibility, but aren't leading their business in the best direction for success.

Question: Are you acting as a Business Owner or a Business Leader of YOUR Business?

CAUTION: If you aren't leading YOUR Business, it's only a matter of time before someone else does. If that concerns you or makes you angry, keep reading!

It's Nothing but Easy Street for Business Owners

Myth: SBOs have it made – their role is one filled with glamour, freedom, and perks. Oooh, sorry if you hurt yourself when you fell off your chair because you were laughing so hard! Isn't that perception simply wild? **Fact:** Any SBO knows there are a great deal of demands, frustrations, distractions, and unique challenges each day. It may be true, at times, that a work schedule becomes flexible to accommodate the unexpected, but that's because an SBO has the ability to re-prioritize while still completing the task at hand in a timely manner! SBOs wear many hats. It's the simplification of knowing which hat to wear (or remove) at any given time that makes others believe SBOs have it made!

Note: A caveat to the above myth buster: Some SBOs are afflicted with the "Bright Shiny Object" Syndrome. They don't stay focused on completing what is necessary to grow their business and it under-performs. When commitment to a roll-up-your-sleeves work ethic shows up, as well as individual focus and productivity, the reward to an SBO can be limitless!

Question: Are you wealthy? If so, do yourself a favor and hire staff to tend to all these things. If not, get a business coach or mentor who will help you buckle down to accomplish what you must. Begin supporting and growing YOUR Business instead of only dreaming about the possibilities.

Experts, Passion, and Expertise

What is your definition of an expert? **Myth:** Experts are at the top of their field – the A-Players of a specialty. **Fact:** Top names may be experts, but they aren't the only experts. Experts come in different shapes and sizes and are accomplished in the area of their expertise.

Question: Are you an Expert?

I was at a business convention several years ago and the speaker requested everyone who thought they were an expert to raise his or her hand. About a third raised their hand. Then the speaker announced he and his wife were about to have their first baby within the coming month. He asked everyone who was a parent to raise their hand. I'll never forget what he said next, "To me, you are all experts that I need to be listening to!" In that moment, I redefined an expert

as someone who knows or has experienced something you don't know. This means everyone is an expert at something. In short, an expert has the ability to guide and teach you, as well as enhance your bottom line.

Business Owners Work Ethic is Overridden by Passion

Ready for this? **Myth:** SBOs are lazy. Gee, many folks are incorrect with this myth aren't they? **Fact:** What I've noticed is not that SBOs are lazy, but rather they don't know what they don't know. When SBOs decide to launch their business concept into a business, they usually do it because of their passion to serve their offering to the public. This is natural. They know it will be beneficial for others to experience. They are experts at their craft. This is normal, good, and desirable. It should be this way.

Just because you are a great artist, trainer, crafter, copywriter, healer, graphic artists, or marketer, etc. doesn't mean you're a great business professional. If you had a passion for business, chances are you'd be a business professional. But you don't. This explains why there are cracks or even gaping holes in most Small Businesses. We all "don't know what we don't know" and in this case you may not know what makes and differentiates YOUR Business's Success.

All Experts Are Not Made Equal – be specific when selecting an expert
Ready for some great news? It's OK, you don't need to be a business expert - unless your expertise is business management! Isn't that worth a deep sigh of relief? Hold on - you aren't completely off the hook. Your job is to find an expert or team of experts to guide you in all things business. If you do this, they ought to be able to streamline YOUR Business operations with YOU. Then you can focus on what matters – your unique expertise and serving it up as only YOU can!

Practical myth buster alert! All Business professionals and coaches are not equally qualified when it comes to YOUR Business's Performance needs. Make sure you are hiring a person who has done precisely what you need to do. Think of them as a guide or Sherpa, assisting you through uncharted territory. Question: Would you go to a Barber for a dental procedure?

I sure hope you're laughing at how goofy that question is! I ask it that way because too often SBOs engage a Life Coach to serve them as a Business Coach or Consultant. Your Business has different needs than you and your life. The nuances and expertise of Life and Business Coaching are unique and the

background and training for each of these two types of coaches is vast. YOUR Business deserves the best and appropriate support. **Note:** I have good friends and even clients who are superb Life Coaches. I have deep respect for their expertise and don't hesitate referring people to them when appropriate.

YOUR Business is a Living, Breathing Organism

A business is a system, just like the human body. Each aspect of the business system is unique and impacts the others' effectiveness as well. Each individual aspect of a system must function optimally to create alignment, cohesiveness, and health throughout the organization or business. Think about it; isn't it interesting how a business is called an organization?

Remember the "I don't know what I don't know" I spoke of earlier? Recall that I also said this is fine. Now I want to share something with you that I've noticed and it perplexes me. Alternative or Holistic Health and Wellness has become much more mainstream in America over the past decade.

Many holistic health and wellness practitioners are SBOs. These brilliant healers, who serve and comprehend the power of an integrative approach, aren't applying the same concepts to their businesses. I scratch my head on this one. How are various aspects of YOUR Small Business impacted, either adversely or positively, due to basic systems malfunctions? What resources do you have within one aspect of the system that will enhance your entire business' success?

The Healing Powers of Creating a Comprehensive or Holistic Business
YOUR Business, just like your body, has a natural process which seeks to be whole and harmonious. When aspects (departmental activities) are unhealthy and not integrated to the rest of the system, the business is disjointed and weak - especially if the weaknesses are minimized or over-looked over time. This is no different than when various physical aspects (joints, organs, etc.) are diseased and un-fit to support the overall health of your physical system.

Nurturing YOUR Business is the same as nurturing your body. You need to input the right things (food = customers and sales), generate movement (exercise = marketing), purify or streamline (detox = effective internal systems), and rejuvenate (breaks and vacations = automated systems and vacations). Isn't this an uncanny similarity?

Question: Have you ever considered your business as a living entity or organ-

ism?

If you haven't, consider making a shift now – acknowledging a business as a living organism that needs care and support. Contemplate how the needs of YOUR Business are equivalent to the care your body requires. It can't do a thing without your attention and support. TIP: Just as you invest time doing meditation, Tai Chi, or Qi Gong, your business needs envisioning and a daily practice.

I'd like to invite you to consider a genuine need to find qualified experts to help you focus on what YOUR Small Business needs most. This is no different than what you do for your body. Now it's time to take care of the resource that provides you and your family the lifestyle you seek.

Maggie Mongan



Actionables to Improve YOUR Business:

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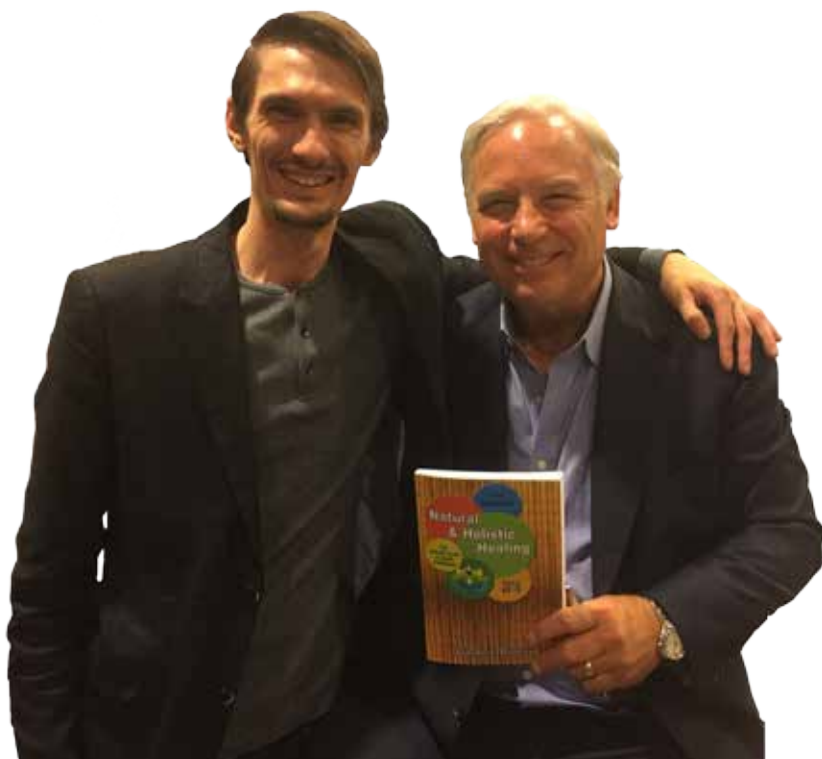
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Lucas J. Robak

Jack Canfield

Allan Wich



(4) Open-heart surgeries, (1) artificial heart valve, (1) cardiac arrest, dead for (26) minutes, shocked (8) times, (12) cardiac injections (1) implanted pacemaker/defibrillator. Bankrupt, but in the same year made a million dollars. I triumph over struggle with the courage and gratitude God gave me.

(2) Traits keep me aligned; my ability to think bold and anticipate. My large imagination and ability to anticipate growth and change, even disruption helped me realize many goals. Rarely do I shy from risk if the idea is in direct harmony with my mission, and if it has the ability to provide exponential abundance.

How to become Relevant and Visible to a Global Audience

Individual success propagation, whatever that may look like to you, from economic to personally fueled, can get lost in the minutia of global noise; positioning oneself to become heard begins with the art of creating individual visibility and relevance through your story.

There comes a time in the lives of those who are destined to become great where they must ask themselves, are they living in the shadows of their own capability or are they living their life creating perpetual abundance to the magnitude they were born with, and is that story being told?

How to become Relevant and Visible to a Global Audience

Relevant: 'rel-e-vent

having significant and demonstrable bearing upon the matter at hand

Visible: 'viz-e-bel

*devised to keep a particular part or item always in full view,
readily seen or referred to*

There comes a time in the lives of those who are destined to become great where they must ask themselves, are they living in the shadows of their own capability or are they living their life creating perpetual abundance to the magnitude they were born with, and is that story being told?

RELEVANT

Many are looking for a way to become more personally empowered, personally developed, but often don't know what that looks like, and end up succumbing to the riskless motion of the masses. We have to keep our eyes and hearts open to acknowledging who we are and who we want to become, otherwise we remain stagnant.

What keeps us from a life of abundance is in large part laziness. We find ourselves detached and desensitized. Our ignorance to learning about change can leave us empty and full of regret. We aspire for greatness but live in the minutia of repetition and indifference. Instead of experiencing the vastness of our potential we become selfish, and like a cancer, selfishness is conditioned to engorge itself on its environment leaving little space for healing, growth and abundance. To seek a life of great influence and contribution, one must risk ridicule and rejection by deciding to be heard, often in the face of resistance and conformity.

We are not intended to be aimless in our works and numb to responsibility and opportunity; rather we should stand apart and meet our lives with presence of mind, purpose, power and gratitude. If we do this we will experience an inner glow, peace and accomplishment that will guide us. We must spend our life with the realization that we are to be in the moment, experience life at each and every turn without ignoring our responsibility to contribute; otherwise we risk descent into the listless wandering life of slavery and mediocrity. We must awaken ourselves from the monotony of a daily existence. We are tooled for greatness for greatness, but somewhere along the way we surrendered that right, succumbed to the road most traveled and often find ourselves the absent student, the mundane worker, the indifferent spouse or the misguided youth.

It is our time to become more relevant and more engaged in the world around us. To lead with our gifts and conscious intent, to feel the love and amazement of our neighbor and to seek a life of resilience against indifference and intolerance; this is worthy of personal commitment. We should be diligent in exercising our inner strength and liberate ourselves from people and situations that could do us harm, deem us irrelevant, make us vulnerable to the unguided objectives of others or keep us from a mindset focused on the vastness of our opportunity.

Awareness and growth however come at a price. To the immature or ignorant it may feel perfectly normal to avoid hardship and acquire knowledge, so they retreat and happily settle for the status quo. This kind of avoidance does not foster leadership, influence or economic increase. The opposite can be said for the unburdened and motivated as they do not shy away from their reality; they face trials with acquired knowledge, strength, character and humility. We can learn from them. They look for growth, opportunity and leadership, and are favored for their efforts. So let us ask ourselves, “What is my voice? What am I driven to accomplish in my life and am I on a harmonious path towards it? Through self-examination, what can I do right now to be proactive and redirect my efforts for better results? How can I better connect with the world around me by offering my gifts and talents, and how do I become authentic, relevant and masterful at it?” Simple, tell your story!

My story began in a hospital bed after my 5th cardiac event, this time it was a cardiac arrest; I died for 26 minutes. I was shocked with paddles 8 times, given 12 cardiac injections, and by all rights, I shouldn't even be here; but here I remain. A chain of events that I have no recollection of except for the sequence of events my doctors and family have told me. My wife found me lying motionless on our bed. She pulled me off, and performed CPR until two paramedic teams arrived. It was

a horrific night for my family. Hospital physicians put me in an ice induced coma for two days and then slowly warmed me in order to reduce the risk of brain injury.

A pacemaker & defibrillator had been implanted in my chest as a safeguard against another cardiac arrest. As I woke from my coma, I was unaware of what had happened, but having spent my life in hospitals, I knew it was serious; I was completely vulnerable. I asked God if He was finished with me at the age of 50 and was today going to mark the extent of my mortality. But this wasn't a new thought, in actuality my story has been playing out for over 53 years. My heart has stopped and been shocked in over 30 separate events in my life, (8 of which occurred in my 4 open-heart surgeries, and another 8 during my cardiac arrest with the remainder as individual episodes), each one accompanied by this question: "Am I living my life to the potential God gave me, because there were 30 times he could have just let me go?"

How do I repay what I have been given and what have I mastered that could help someone else increase the value of their life, like mine has been? I decided to let God truly work through me, without strings and expectations, and this is what he decided upon: He wants me to teach the tools he has given me that allow us to make a difference in the world because of our character, our humility, our knowledge, our influence and our belief; how to be change agents for philanthropy in a global effort to mitigate poverty and burden, by being a force for abundance. So, here I am fulfilling this mission, and grateful for the opportunity.

This compact edition of my story does not illustrate my professional life, influence, brand or opportunities (which are required inclusions); it highlights only my critical path. This is just a sampling of the value and relate-ability I offer to my audiences.

Your story, your relate-ability, in whatever field of influence you purposely seek, can put you on the radar of, and sought after by, our global population. Your story, your platform of abundance and opportunity will help insulate you and those that follow or join you against social conformity and social oppression, which grow stronger each day. Be guarded against this false sense of security people get from conformity, it cannot be understated; it is one of the biggest enemies of entrepreneurship, and could make you and your purpose irrelevant. Challenge yourself to live at a higher personal standard and pare that philosophy to your mission. Students learn from their teachers because they are inspired to create and grow; everyone that hears your voice can become your student, understand that power and possibility. As you develop and grow

your voice, always teach above your audience, because if they learn from you and acquire knowledge from you, they are more likely to follow and support you. However, in your quest to deliver your story, your mission, beware; if your story is too philosophical and unrelate-able you risk becoming irrelevant and without influence.

Everything that we consume becomes a part of who we are. This includes all of the useless junk, shallow entertainment, shock factors for the sake of ratings, stupidity and greed; all play a negative role in the efficacy of how others experience us. We need to be conscious of what we consume and emit, be mindful of the impressions and results we want to foster, as they will produce seedlings wherever they fall.

We all know people that hide behind ignorance, hoping for isolation from responsibility and risk, but in doing so they surrender their future; they believe it easier to disengage and let others shoulder their share of burden rather than stepping up to be counted, so they fall silent. Speak up, be the great director and producer of your own story, and deliver it in a compelling and meaningful fashion. Let your journey be experienced, don't sort out the challenges in order to mainstream or become competitive, and resist the urge to perform as an actor in order to gain appeal and support. Be masterful and intentional in your deliverance so that your message unfolds for your audience through your eyes. From this effort you become relate-able, worthy of time and consideration. Apprehension will surely surrender in order to make way for confidence and contribution, while simultaneously distancing you from conformity.

Too often we become like the aimless wanderer that side steps responsibility and reward only to let fear overshadow the power of conviction. Throughout the centuries leaders and monarchies were riddled with the non-committal, wills that were bent and often broken in order to conform, the individual silenced by the fear of success or never experienced the value that can be gained from a new idea, a different perspective...a point of view. The cascade effect from this apathy is present today. While prosperity reaches some, the mass indifference of a society towards poverty and struggle become the norm rather than the exception. These are some of the footprints that mark our history and that keep many of us from moving forward and being heard; but for those who step out from this path of rigidity, surrender the mundane lifestyle to become accountable and offer value free of expectation.....reward is granted.

Those of influence, (you) the 'Problem Solvers' can: change world politics, redirect an institutional norm to support the majority instead of the minority,

provide understanding and opportunity where there is conflict, be the source of creative innovation for a fledgling endeavor, and be a teacher of abundance and economic prosperity. Beware; even great influence can fall to the dirt never reaching the magnitude it commands if it does not saddle a delivery system. The best form of leadership is to be 'seen' as-well-as 'heard'.

VISIBLE

Influence and reach are best achieved through the use of a technological platform of education, creation and implementation. When you combine education with creation you achieve relate-ability, and when you combine creation with implementation you achieve transformation. Ultimately where relate-ability and transformation reside you find perpetual abundance. When you build your life and reach with this in mind, word of mouth about your excellent reputation and your servant leadership can expand your horizons and your influence beyond comprehension. However, be cognizant of the apathy that can surround your delivery platform.

Technology has made exponential strides in creating a more expressive and more productive society, but with that comes dependent complications. The mass habitual use of technology to satisfy appetites for reality shows that serves as entertainment crack, has steered us away from opportunities that fuel a greater purpose for influencing social change and economic increase. In order to achieve this we must embrace a life of courageous action and perpetual progress so that we remain visible and relevant.

No longer is it just goods and services that are sought after as commodities. We can leverage our talents, tools, resources and voice through a hosting platform, creating a new category of trade.

Be not afraid to be your own voice and face for change and increase. Be vulnerable and present yourself on a global platform with authenticity and humility, with focus on you, so that others can get to know you first and your cause second. Yes, be the face of your opportunity but don't let it overshadow your mission.

If your audience can relate with you they will look further. The mistake many make is they allow their objective, their job, their cause and their opportunity to be their mouth piece, which puts them at a disadvantage. Instead of learning about the value of the person presenting, the audience makes a decision about the efficacy and value of the offer, which can result in a message or mission unheard or overlooked simply because the sequence of introduction was incor-

rect.

As a society we identify through our responsibilities (our titles), and become subordinate to their agendas forgetting the most important of identities, our own. This holds us short of our influence and potential, so we must evolve and expose our independence; which is a key element in creating our brand. Unaware of how to do this we turn to mass conformity, marketing hype, outdated strategies and succumb to the overbearing voice of caution rather than exposing our character, our transparency and our humility. There is no better medium for this introduction than through self-promoted video, creating an electronic presence and brand for the global audience to experience. Video not only delivers our message, it captures our tone, our deliberateness, our passion, our conviction and our belief; through this we become relate-able and relevant to a similar audience with the goal of developing our 'tribe'.

Do not be afraid to memorialize your journey, hurdles and struggles, risks, losses & rewards, lessons and turning points that have guided you in life, this becomes your video story. By these admissions, you increase relevance. Your video will serve as your introduction to the global marketplace, but when coupled with your own personal website, your own home page hosting, you stand apart and become a strong contingent within your market space. This home page will become the hub where you link all of your causes, offerings and opportunities, both current and future. The best way for someone to connect with you, learn from you and join you is just to follow your name, so secure your name as your home page domain. Resist the motivation to develop a catchy title as your domain, this can become outdated and will only confuse your audience; however your name is timeless. -

Overcoming a misconception: Your brand is not your company, your cause, your opportunity or what you pay a publicist to develop for you. Your brand is a set of public artifacts that reveal who you are, how you serve, and what people can expect from you in terms of image, value and service! Artifacts can be interviews, journals, videos, speeches, peer reviews, articles, etc... created by you or others about you. These are bits of information that help define you the person to those getting to know you. Display them on your site; give freely to your audience. If you don't currently have a library of these to choose from, make it a goal to go create them. With your brand, your image (when developed correctly), you are more likely to make it on the radar of the market audience you want to serve, and can increase the impact your mission deserves. Your brand, the value you offer will often solve problems others are searching through solutions for.

If you don't think that your brand, the impression you leave on someone through the application of your home page, is important above and beyond the company you represent, the cause you serve, the opportunity you offer, think again. Economists agree that 25% of the global populations are currently connected through web or cell phone platforms and that in 3-5 years that number will increase to 75%; that's an additional *3-billion* new people. Your brand is both the best passive and active way to recruit to your mission. The recruiting masters, (the problem solvers) will capture the largest share of business and influence from this emerging group. In addition, infinite opportunities to partner with companies, influencers and causes to extend your reach and impact well beyond your own circles, await you. The recluse, the conformist and the riskless motion of the masses will choose to sidestep this process for sake of urgency and impatience. This avoidance does not foster leadership or economic increase. Resist the temptation to be subordinate to someone else's objective, become the problem solver to your market share and capture some of the *3-billion*.

Do not settle yourself to realistic goals; unlock the magnitude of your capability. Do not aim low; do not succumb to criticism from the conformists, for without commitment and will, ascension is out of reach.

Global struggles, individual challenges, lack of influence and declining individual economics provide the biggest opportunities, especially for the 'problem solvers'.

I look back at the joys in my life, celebrate and give thanks for my family, but I pay special attention to the challenges I faced because they are the ones that have held my feet to flame. I have never known life without cardiac challenges, and I will never escape that fact. I am grateful to be alive and able to create and contribute, but truth be known I am still a little scared of my mortality. With this admission comes clarity about how I live my day, the value I give, the transparent way I choose to do it, and the best way I can serve my God, my family and those with whom I have influence.

Are you living your life creating perpetual abundance to the magnitude you were born with, and is your 'story' being told?

*“Each of us is born with phenomenal capacity to create and serve;
our choice throughout our life
is what we do with that knowledge.”*

WHAT ARE YOU DOING WITH YOURS?

Allan Wich



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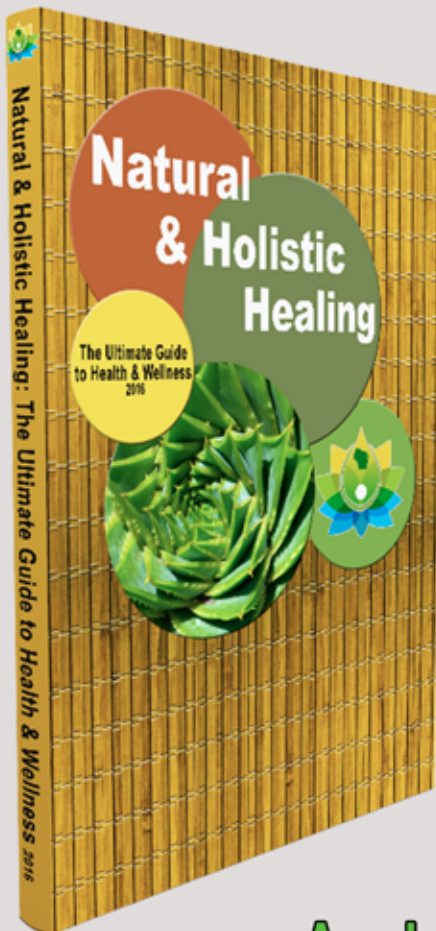


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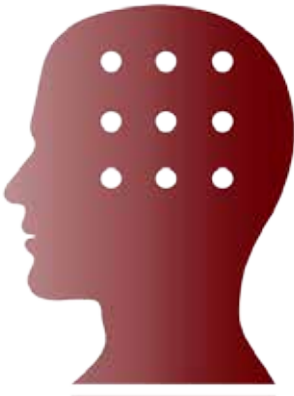
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